Portugal



Lisbon & Around

(PDF Chapter)

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- Lisbon
- History
- Sights
- Activities
- Tours
- Festivals & Events
- Sleeping
- Eating, Drinking & Nightlife
- Entertainment

- Shopping
- · Sintra & Around
- Cascais
- Estoril
- Oueluz
- Mafra
- Setúbal Peninsula
- Costa Caparica
- Setúbal
- Sesimbra

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Lisbon & Around

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Best Places to Eat

- → 100 Maneiras (p100)
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- Taberna Ideal (p103)

Best Places to Stay

- Casa Balthazar (p92)
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Why Go?

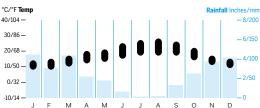
Spread across steep hillsides that overlook the Rio Tejo, Lisbon has captivated visitors for centuries. Windswept vistas reveal the city in all its beauty: Roman and Moorish ruins, white-domed cathedrals, grand plazas lined with sundrenched cafes. The real delight of discovery, though, is delying into the narrow cobblestone lanes.

As yellow trams clatter through tree-lined streets, *lis-boêtas* stroll through lamplit old quarters, much as they've done for centuries. Gossip is exchanged over fresh bread and wine at tiny patio restaurants as fado singers perform in the background. In other parts of town, Lisbon reveals its youthful alter ego at bohemian bars and riverside clubs, late-night street parties and eye-catching boutiques selling all things classic and cutting-edge.

Just outside Lisbon, there's more – enchanting woodlands, gorgeous beaches and seaside villages, all ripe for discovery.

When to Go

Lisbon



May After the winter rains, late spring is lovely, with sunny days and flowers in bloom.

Jun Early summer brings festivals, warm weather and perfect beach days. Sep Lisbon is pure magic, with cooler days and nights and a lack of summer crowds.

Lisbon's Neighbourhoods in a Nutshell

Baixa, near the riverfront, and Rossio, just north of there, are the heart of old Lisbon, with pedestrian streets and picturesque plazas. Follow the rattling trams to the east and you'll reach Alfama, with its medina-like lanes, and tiny, fado-filled restaurants. Above the Alfama looms the ramparts of an ancient castle, with great viewpoints here and in other parts of the aptly named Castelo neighbourhood.

A steep climb west of Baixa leads into the swanky shopping and dining district of Chiado; further uphill lie the narrow streets of nightlife-haven Bairro Alto. Nearby Santa Catarina, with its tiny bars and old-fashioned funicular, has a more laid-back vibe. Further downhill towards the river is Cais do Sodré, a red-light district turned hipster centre, with late-night bars and eateries.

The World Heritage sites of Belém lie further west along the river – an easy tram ride from Baixa or Cais do Sodré.

FREE LISBOA

It's easy to enjoy Lisbon without breaking the bank as its biggest draws are outdoors: from astounding views at hilltop *miradouros* (lookouts) to tranquil squares and magical strolls in the Alfama.

Many museums have free admission on Sunday mornings. For a free cultural fix on other days, visit the design showcase of MUDE (the Museu de Design e da Moda; p63), tour underground Roman ruins at Núcleo Arqueológico (p66), and sample free wine at ViniPortugal (p83). Gawk at gorgeous churches like the Sé (p71), Igreja de São Roque (p67) and the surreal Igreja de São Domingos (p66). Also, don't miss Belém's avant-garde (and always-free) Museu Colecção Berardo (p81). Most hostels also offer free walking tours.

Panoramic Views

- Largo das Portas do Sol Stunning angles over Alfama's jumble rooftops, with the Tejo beyond.
- Miradouro de Santa Luzia (p86) A fountain, bougainvillea and blue-and-white azulejos (tiles) depicting the Siege of Lisbon in 1147.
- → **Miradouro da Graça** (p109) Pine-fringed square, with cafe, that makes a great spot for sundowners.
- → Miradouro da Senhora do Monte Relaxed vibe and the best views of the castle on the hill opposite.
- Jardim do Torel Little visited with a concealed indooroutdoor cafe (go down the steps on the right) with a DJ or live music most summer weekend nights.
- → Miradouro de São Pedro de Alcântara Great views, drinks and people-watching just below Bairro Alto.

DON'T MISS

Eating a pastel de nata (custard tart), having an afternoon swizzle of ginjinha (cherry brandy; p106) or sampling market fare at Mercado da Ribeira (p117).

Best Day Trips

- **Cascais** (p130) Charming seaside village.
- → Costa da Caparica (p138) – Beautiful beaches, great surf.
- → Sintra (p121) Enchanted woodlands dotted with palaces, mansions and gardens.
- → Cacilhas (p104) Waterfront restaurants a ferry ride away.
- Queluz (p135)Portugal's answer to Versailles.

Off the Beaten Track

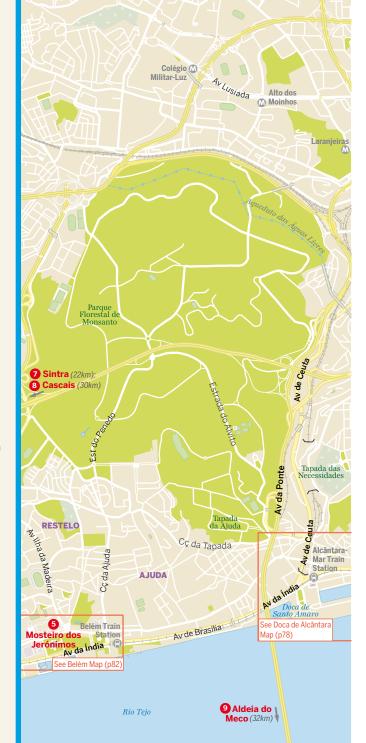
The neighbourhood of Madragoa with its narrow lanes and charming restaurants, is reminiscent of Alfama, but with a fraction of the tourists. It's west of Baixa; take tram 25 from Praça do Comércio to get there.

Resources

- www.visitlisboa.com
 Official tourism website.
- www.lisbonlux.com City guide.
- www.spottedbylocals. com/lisbon Insider tips.
- www.golisbon.com Dining, drinking and nightlife insights.

Lisbon & Around Highlights

- 1 Get lost in the narrow village-like lanes of the **Alfama** (p92), searching for the soul of fado.
- 2 Bar-hop your way through the cobblestone streets of nightlife-loving **Bairro Alto** (p107).
- 3 Take in the pleasant outdoor cafes and restaurants of elegant **Chiado** (p97).
- 4 Take a rattling roller-coaster ride through the city aboard **tram 28** (p86).
- Gaze upon the Manueline fantasy of Mosteiro dos Jerónimos (p79).
- 6 Check out the burgeoning new bar scene in Cais do Sodré (p110).
- 7 Stride through enchanted forests to above-the-clouds palaces and castles in Sintra (p121).
- 3 Spend the day taking in the village lanes and outdoor eateries of laid-back **Cascais** (p130).
- Frolic in the waves off the beautiful beaches around **Aldeia do Meco** (p146).





0.5 miles

LISBON

POP 580,000

History

Imperial riches, fires, plague, Europe's worst recorded earthquake, revolutions, coups and a dictatorship – Lisbon has certainly had its ups and downs.

It's said that Ulysses was here first, but the Phoenicians definitely settled here 3000 years ago, calling the city Alis Ubbo (Delightful Shore). Others soon recognised its qualities: the Greeks, the Carthaginians and then, in 205 BC, the Romans, who stayed until the 5th century AD. After some tribal chaos, the city was taken over by North African Moors in 714. They fortified the city they called Lissabona and fended off the Christians for 400 years.

But in 1147, after a four-month siege, Christian fighters (mainly British crusaders) under Dom Afonso Henriques captured the city. In 1255, Afonso III moved his capital here from Coimbra, which proved far more strategic given the city's excellent port and central position.

In the 15th and 16th centuries Lisbon boomed as the opulent centre of a vast empire after Vasco da Gama found a sea route to India. The party raged on into the 1800s, when gold was discovered in Brazil. Merchants flocked to the city, trading in gold, spices, silks and jewels. Frenzied, extravagant architecture held up a mirror to the era, as seen in Manueline works such as Belém's Mosteiro dos Jerónimos.

But at 9.40am on All Saints' Day, 1 November 1755, everything changed. Three major earthquakes hit, as residents celebrated Mass. The tremors brought an even more devastating fire and tsunami. Some estimate that as many as 90,000 of Lisbon's 270,000 inhabitants died. Much of the city was ruined, never to regain its former status. Dom João I's chief minister, the formidable Marquês de Pombal, immediately began rebuilding in a simple, cheap, earthquake-proof style that created today's formal grid.

Two bloodless coups (in 1926 and 1974) rocked the city. In 1974 and 1975 there was a massive influx of refugees from the former African colonies, changing the demographic of the city and culturally, if not financially, adding to its richness.

After Portugal joined the European Community (EC) in 1986, massive funding fuelled redevelopment, which was a welcome boost after a 1988 fire in Chiado. Streets became cleaner and investment improved facilities. Lisbon then spent years dashing in and out of the limelight as the 1994 European City of Culture, and host of Expo '98 and the 2004 European Football Championships. Major development projects throughout the city

LISBON IN...

Two Days

Take a ride on tram 28 (p86), hopping off to scale the ramparts of Castelo de São Jorge (p70). Sample Portugal's finest at Wine Bar do Castelo (p109), then stroll the picturesque lanes of Alfama, having a classic meal of sizzling grilled sardines at open-air Páteo 13 (p101). Glimpse the fortress-like sé (cathedral; p71) en route to shopping in pedestrianised Baixa (p114). By night, return to lantern-lit Alfama for fado at Bela (p112).

On day two breakfast on pastries in Belém, then explore the fantastical Mosteiro dos Jerónimos (p79), the riverfront Torre de Belém (p81) and the avant-garde Museu Colecção Berardo (p81). Head back for sundowners and magical views at Noobai (p107), dinner at 100 Maneiras (p100) and bar-crawling in Bairro Alto (p107). End the night at Pensão Amor (Map p68; Rua Nova do Carvalho 36; ⊗ noon-2am Mon-Wed, to 4am Thu & Fri, 6pm-4am Sat), down in Cais do Sodré.

Four Days

Go window-shopping and cafe-hopping in well-heeled Chiado (p97), then head to futuristic Parque das Nações for riverfront gardens and the head-spinning Oceanário (p83). Dine at Belcanto (p98) or Taberna Ideal (p103), then go dancing in clubbing temple Lux (p109).

On day four catch the train to Sintra (p121) for walks through boulder-speckled woodlands to fairy-tale palaces. Back in Rossio, toast your trip with cherry liqueur at A Ginjinha (p106) and a seafood feast at Ramiro (p105).

have continued recently, from the continued expansion of the metro (which now reaches the airport) to much-needed building rehab in the Alfama.



Baixa & Rossio

After the devastating earthquake of 1755, the Baixa was reborn as a grid - the world's first ever - as envisioned by the Marquês de Pombal. Wide commercial streets were laid, with grand plazas, fountains and a triumphal arch evoking the glory of Portuguese royalty. Today the main drag, pedestrianised Rua Augusta, buzzes with bag-toting shoppers, camera-wielding tourists and shrill-voiced buskers. For a taste of the trades that once flourished here, stroll down streets named after sapateiros (shoemakers), correeiros (saddlers), douradores (gilders), fanqueiros (cutlers) and even bacalhoeiros (cod-fishing vessels).

Praça do Comércio

PLAZA (Terreiro do Paço; Map p64) With its grand 18thcentury arcades, lemon-meringue facades and mosaic cobbles, the riverfront Praca do Comércio is a square to out-pomp them all. Everyone arriving by boat used to disembark here, and it still feels like the gateway to Lisbon, thronging with activity and rattling trams. At its centre rises the dashing equestrian statue of Dom José I (Map p64), hinting at the square's royal roots as the preearthquake site of Palácio da Ribeira.

In 1908 the square witnessed the fall of the monarchy, when anarchists assassinated Dom Carlos I and his son. The biggest crowd-puller is Verissimo da Costa's triumphal Arco da Victória (Map p64), crowned with bigwigs such as 15th-century explorer Vasco da Gama; come at dusk to see the arch glow gold. Ongoing renovations have opened pedestrian access to the Tejo once again (though watch the traffic crossing the street).

Lisbon Story Centre

MUSEUM (Map p64; www.lisboacentre.pt; Praça do Comércio 78; adult/child €7/3; ⊗10am-7pm) This newly opened museum takes visitors on a 60-minute journey through Lisbon's history. from its early foundation (pre-Ancient Roman days) to modern times. An audioguide and multimedia exhibits describe key episodes, including New World discoveries, the

DON'T MISS

MUSEU NACIONAL DO AZULEJO

You haven't been to Lisbon until you've been on the tiles at the Museu Nacional do Azuleio (www.museudo azulejo.pt; Rua Madre de Deus 4; admission €5, free 10am-2pm Sun;

10am-6pm Tue-Sun). Housed in a sublime 16th-century convent, the museum covers the entire azulejo spectrum, from early Ottoman geometry to zinging altars, scenes of lords a-hunting to Goan intricacies. Star exhibits are a 36m-long panel depicting pre-earthquake Lisbon, a Manueline cloister with weblike vaulting and exquisite blue-and-white azulejos, and a gold-smothered baroque chapel. Food-inspired azulejos - ducks, pigs and the like - adorn the restaurant opening onto a vine-clad courtvard.

terrifying 1755 earthquake (with a vivid film re-enacting the horrors) and the ambitious reconstruction that followed.

The final room shows the events that have taken place in the Praca do Comércio over the years, from early arrivals at the waterfront gates to the city, to the 1974 revolution and its less illustrious days as a parking lot in the 1980s.

Museu de Design e da Moda

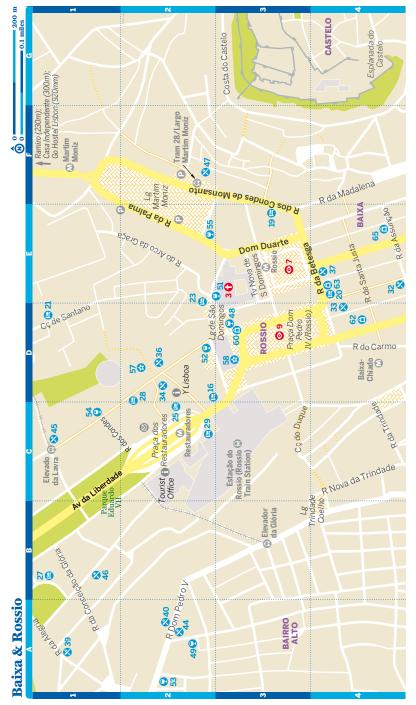
(Map p64; www.mude.pt; Rua Augusta 24; ⊗10am-6pm Tue-Sun) FREE Baixa's newest star is the Museum of Design and Fashion, a cavernous concrete-walled space - set in a former bank - that contains furniture, industrial design and couture dating from the 1930s to the present. Exhibits are arranged by decade, with signs in both English and Portuguese.

Highlights include iconic furniture by Arne Jacobsen, Charles Eames and Frank Gehry, plus haute couture by the likes of Givenchy, Christian Dior and Balenciaga. Don't miss temporary exhibitions staged downstairs in the former vaults.

Elevador de Santa Justa

ELEVATOR

(Map p68; cnr Rua de Santa Justa & Largo do Carmo; admission €5; ⊗7am-10pm) If the lanky, wrought-iron Elevador de Santa Justa seems uncannily familiar, it's probably because the neo-Gothic marvel is the handiwork of Raul Mésnier, Gustave Eiffel's apprentice. It's Lisbon's only vertical street lift. Get there early





Ba	ixa & Rossio			
⊚ S	ights		35 Can the Can	F7
1	Arco da Victória	E6	36 Casa do Alentejo	D2
2	Igreja da Conceição Velha	G6	37 Confeitaria Nacional	E4
3	Igreja de São Domingos	E3	38 Fragoleto	E6
	Lisbon Story Centre		39 Jardim dos Sentidos	A1
5	Museu de Design e da Moda	E6	40 Lost in Esplanada	A2
6	Núcleo Arqueológico	E6	41 Moma	E5
7	Praça da Figueira	E3	42 Nova Pombalina	F6
8	Praça do Comércio	E7	43 Oishi Sushi	E6
	Rossio		44 Pastelaria São Roque	
10	Statue of Dom José I	E7	45 Solar dos Presuntos	
			46 Tamarind	
♠ A	ctivities, Courses & Tours		47 Tentações de Goa	F2
	GoCar Touring			
	Lisboa Vista do Tejo		🕠 Drinking & Nightlife	
	Lisbon Walker		48 A Ginjinha	
	Transtejo		49 Associação Loucos & Sonhadores	
15	ViniPortugal	E7	Bar Rossio(s	
			50 Bar Trobadores	
_	leeping		51 Ginjinha Rubi	
	Altis Avenida		52 Ginjinha Sem Rival	
	Brown's Downtown		53 Pavilhão Chinês	
	Goodnight Hostel		54 Primeiro Andar	
	Hotel Lisboa Tejo		55 Rooftop Bar	E2
	Internacional Design Hotel			
	Lavra Guest House		⊕ Entertainment	F.C
	Lisbon Lounge Hostel		56 Bacalhoeiro	
	Lisbon Story Guesthouse		57 Coliseu dos Recreios	
24	Pensão Brasil-África		58 Teatro Nacional de Dona Maria II	D3
	Pensão Galicia		O Chamain a	
	Pensão Imperial		Shopping	FF
	Pensão Royal		59 Amatudo	
	Residencial Alegria Residencial Florescente		61 Conserveira de Lisboa	
	Residencial Restauradores		62 Discoteca Amália	
	Travellers House		63 Manuel Tavares	
	Vincci		64 Napoleão	
31	VIIICCI	1 0	65 Outra Face da Lua	
₩ F	ating		66 Papabubble	
	Amorino	FΛ	67 Santos Oficios	
	Bacalhoeiro		68 Silva & Feijó	
	Roniardim		00 0114a Q 1 01j0	

RUINS

to beat the crowds and zoom to the top for sweeping views over the city's skyline.

Núcleo Arqueológico

(Map p64; Rua Augusta 96;
10am-5pm Mon-Sat) FREE Hidden under Banco Comercial Portuguesa is the Núcleo Arqueológico, a web of tunnels believed to be the remnants of a Roman spa dating from the 1st century AD. You can descend into the depths on a fascinating guided tour in English (departing on the hour) run by the Museu da Cidade.

Igreja de São Domingos

CHURCH (Map p64; Largo de São Domingos;

7.30am-7pm Mon-Fri, noon-6pm Sat) FREE It's a miracle that the enigmatic Igreja de São Domingos still stands, having barely survived the 1755 earthquake, then fire in 1959. A sea of tea lights illuminates gashed pillars, battered walls and ethereal sculptures in its musty vet enchanting interior. Note the Star of David outside marking the spot of a bloody anti-Semitic massacre in 1506.

The square is a popular hang-out for-Lisbon's African community. At dusk locals gather for sundown cherry liqueurs at A Ginjinha (p106).

Rossio & Praça da Figueira

PLAZAS All roads lead to Praca Dom Pedro IV, which lisboêtas nickname Rossio (Map p64; Praça Dom Pedro IV; Rossio). The square has a 24-hour buzz: office workers, hashpeddlers and sightseers drift across its wave-like cobbles, bask in the spray of fountains and gaze up to Dom Pedro IV (Brazil's first emperor), perched high on a marble pedestal.

Standouts feature the filigree horseshoeshaped arches of neo-Manueline Rossio train station, where trains depart for Sintra; and neoclassical Teatro Nacional de Dona Maria II, hiding a dark past as the seat of the Portuguese Inquisition.

Rossio's sidekick is bustling Praca da Figueira (Map p64; Rossio), flanked by Pombaline town houses and alfresco cafes ideal for sipping a bica (espresso) and admiring the castle on the hillside.

Chiado & Bairro Alto

Framed by the ethereal arches of Convento do Carmo, well-heeled Chiado harbours oldworld cafes with literary credentials, swish boutiques, grand theatres and elegant 18thcentury town houses. Designer divas seeking Portuguese couture, art buffs hunting Rodin originals and those content to people-watch from a cafe terrace flock here.

Sidling up to Chiado is the party-loving Bairro Alto, whose web of graffiti-slashed streets is sleepy by day. The district comes alive at twilight when hippy chicks hunt for vintage glitz in its retro boutiques and revellers hit its wall-to-wall bars and bistros. Beyond Bairro Alto you'll find the leafy squares, shops and cafes around Príncipe Real.

Convento do Carmo & Museu Arqueológico

(Map p68; Largo do Carmo; adult/child €3.50/free; ⊕ 10am-7pm Mon-Sat) Soaring high above Lisbon, the skeletal Convento do Carmo was all but devoured by the 1755 earthquake and it's precisely that which makes it so captivating. Its shattered pillars and wishbone-like arches are completely exposed to the elements. The Museu Arqueológico shelters archaeological treasures from Lisbon and beyond, such as 4th-century sarcophagi, griffincovered column fragments from the 10thcentury, 18th-century azulejo (hand-painted tile) panels, a curious belt buckle from Visigothic times and two gruesome 16th-century Peruvian mummies.

Museu do Chiado

MUSEUM

(Map p68; 213 432 148; www.museuartecontem poranea.pt; Rua Serpa Pinto 4; adult/child €4/free, Sun) Contemporary art fans flock to Museu do Chiado, housed in the strikingly converted Convento de São Francisco, Temporary exhibitions lean towards interactive multimedia installations, while the gallery's permanent collection of 19th- and 20th-century works features pieces by Rodin, Jorge Vieira and José de Almada Negreiros, Revive over coffee in the small sculpture garden.

Miradouro de Santa Catarina VIEWPOINT (Map p76; Rua de Santa Catarina; ⊕ 24hr; 🖼 Elevador da Bica) FREE Students bashing out rhythms, pot-smoking hippies, strollerpushing parents and loved-up couples all meet at this precipitous viewpoint in boho Santa Catarina. The views are fantastic. stretching from the river to the Ponte 25 de Abril and Cristo Rei.

If you're coming from Cais do Sodré, it's fun to take the arthritic, 19th-century Elevador da Bica (Rua de São Paulo; €1.35; ⊗ 7am-9pm Mon-Sat, 9am-9pm Sun; @ Cais do Sodré) funicular up chasm-like Rua da Bica de Duarte Belo to reach the lookout. At research time, the viewpoint was closed and under renovation. Next door, however, you can enjoy the same vista over drinks at laid-back Noobai Café (p107).

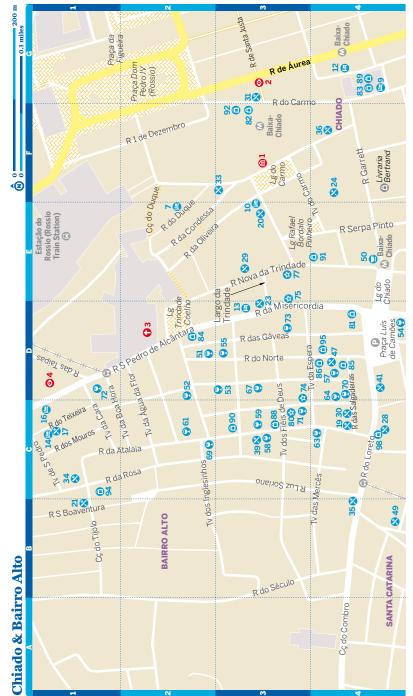
Igreja & Museu São Roque CHURCH, MUSEUM (Map p68; Largo Trindade Coelho; church free, museum €2.50, free 10am-2pm Sun ;

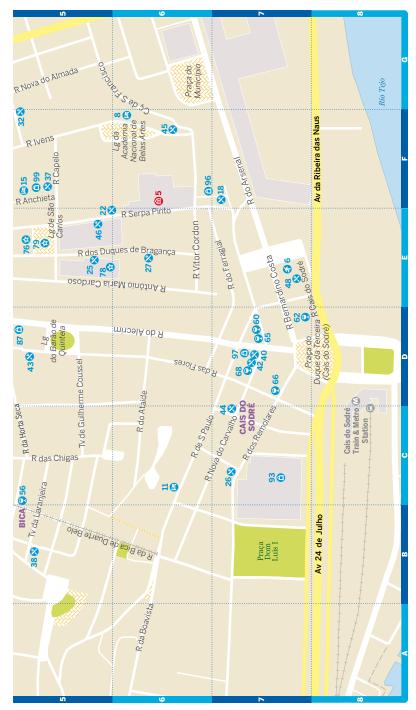
© 10am-6pm Tue, Wed & Fri-Sun, 2-9pm Thu) The plain facade of 16th-century Jesuit Igreja de São Roque belies its dazzling interior of gold, marble and Florentine azulejos - bankrolled by Brazilian riches. Its star attraction is Capela de São João Baptista, to the left of the altar, a lavish confection of amethyst, alabaster, lapis lazuli and Carrara marble. The museum adjoining the church is packed with elaborate sacred art and holy relics; the bamboolined courtyard restaurant is a treat.

Miradouro de São

Pedro de Alcântara VIEWPOINT

(Map p68; Rua São Pedro de Alcântara; ⊗viewpoint 24hr, cafe 10am-midnight Mon-Wed, to 2am Thu-Sun; MRestauradores) Hitch a ride on vintage Elevador da Glória from Praça dos Restauradores, or huff your way up steep Calçada da Glória to this terrific hilltop viewpoint. Fountains and Greek busts add a regal air to the surroundings, and the open-air cafe doles out wine, beer and snacks, which you can enjoy while taking in the castle views.





Chiado & Bairro Alto			
⊙ Sights		22 Belcanto	E5
1 Convento do Carmo & Museu		23 Bistro 100 Maneiras	
Arqueológico	F3	24 Brio	F4
2 Elevador de Santa Justa		25 Café no Chiado	
3 Igreja & Museu São Roque		26 Cafe Tati	
4 Miradouro de São Pedro de		27 Cantinho do Avillez	
Alcântara	D1	28 Casa da India	C4
5 Museu do Chiado	F6	29 Cervejaria da Trindade	E3
		30 Cultura do Chá	
Activities, Courses & Tours		31 Eric Kayser	
6 Bike Iberia	E7	32 Fábulas	
		33 Faca & Garfo	F3
Sleeping		34 Flor da Laranja	C1
7 Casa Balthazar	E2	35 Flower Power	B4
8 Chiado 16	F6	36 Jardim das Cerejas	F4
9 Hotel do Chiado		37 Kaffeehaus	
10 Lisboa Carmo Hotel	E3	38 Le Petit Bistro	
11 Lisbon Calling		39 Pap'Açorda	
12 Living Lounge		40 Povo	
13 Mercy Hotel		41 Sea Me	
14 Pensão Globo		42 Sol e Pesca	
15 Shiado Hostel		43 Taberna da Rua das Flores	
16 The Independente	C1	44 Taberna Tosca	
		45 Tagide Wine & Tapas Bar	
S Eating €		46 Tartine	
17 100 Maneiras		47 Tease	
18 ACISJF		The Decadente	` ,
19 Antigo Primeiro de Maio		48 The Green Room	
20 Aqui Há Peixe		49 Toma Lá-Dá-Cá	B4
21 Beef Burger Bar	BI		

Alfama, Castelo& Graça

Unfurling like a magic carpet at the foot of Castelo de São Jorge, Alfama is Lisbon's Moorish time capsule: a medina-like district of tangled alleys, palm-shaded squares and skinny, terracotta-roofed houses that tumble down to the glittering Tejo. These cobbles have been worn smooth by theatre-going Romans, bath-loving Moors who called it *alhamma* (Arabic for 'springs'), and stampeding Crusaders.

Here life is literally inside out: women dish the latest *mexericos* (gossip) over strings of freshly washed laundry, men gut sardines on the street then fry them on open grills, plump matrons spontaneously erupt into wailful fado, kids use chapel entrances as football goals, babies cry, budgies twitter, trams rattle and in the midday heat the web of steep lanes falls into its siesta slumber.

Add some altitude to your sightseeing by edging north to Graça, where giddy *mi-radouros* afford sweeping vistas and the pearly-white Panteão Nacional and Igreja de São Vicente de Fora punctuate the skyline.

Castelo de São Jorge

CASTLE RUINS

(Map p72; admission €7.50; ⊗ 9am-9pm) Towering dramatically above Lisbon, the hilltop fortifications of Castelo de São Jorge sneak into almost every snapshot. These smooth cobbles have seen it all – Visigoths in the 5th century, Moors in the 9th century, Christians in the 12th century, royals from the 14th to 16th centuries, and convicts in every century. Roam its snaking ramparts and pine-shaded courtyards for superlative views over the city's red rooftops to the river.

Inside the **Ulysses Tower**, a camera obscura offers a unique 360-degree angle on Lisbon, with demos every half-hour. There are also a few galleries displaying relics from past centuries, but the standout attraction is the view – as well as the feeling of stepping back in time amid fortified courtyards and towering walls.

Bus 737 from Praça Figueira goes right to the gate. Tram 28 also passes nearby.

\right D	rinking & Nightlife	76	Festival ao Largo	E5
50	A BrasileiraE4	77	Teatro da Trindade	E3
51	Alface HallD2	78	Teatro Municipal de São	
52	Alfaia GarrafeiraD2		Luiz	E5
53	Artis D3	79	Teatro Nacional de São	
54	Bairro Alto Hotel D4		Carlos	E5
55	Bedroom D3	80	Zé dos Bois	C3
56	Bicaense			
57	Café SuaveD4	SI	hopping	
58	Capela	81	A Carioca	D4
	Club CaribC3	82	Ana Salazar	F3
60	Discoteca Jamaica D7	83	Armazéns do Chiado	G4
61	Frágil	84	Arte Assinada	D2
62	Hennessy's D7	85	Cork & Company	D4
63	MajongC4	86	El Dorado	D4
64	Maria CaxuxaD4	87	Fábrica Sant'Ana	D5
65	Music Box	88	Fátima Lopes	C3
66	O'Gílíns D7	89	Fnac	G4
67	Old PharmacyD3	90	Lena Aires	
68	Pensão AmorD7	91	Louie Louie	E4
69	Portas Largas	92	Luvaria Ulisses	F3
	PurexD4		Mercado da Ribeira	
71	Sétimo CéuC3	94	Poise & Matéria Prima	C1
72	Solar do Vinho do PortoD1	95	Sneakers Delight	D4
73	Wine LoverD3	96	Story Tailors	F6
		97	Trem Azul	D7
🚱 E	ntertainment	98	Vellas Loreto	C4
	Clube da EsquinaD3	99	Vida Portuguesa	F5
75	Fado in ChiadoE3			

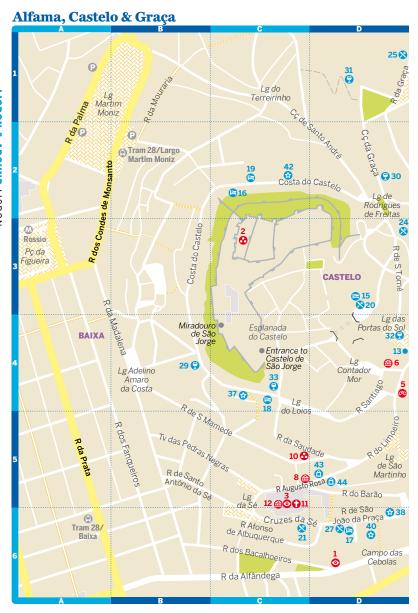
Sé CATHEDRAL

History buffs shouldn't miss the less-visited **Gothic cloister** (Map p72; admission €2.50; ⊗ 10am-5pm Mon, 10am-6.30pm Tue-Sat), which opens onto a deep pit full of archaeological excavations going back more than 2000 years. You have to squint hard to imagine it, but you'll see remnants of a Roman street and shopfronts, an Islamicera house and dump, as well as a medieval cistern. The **treasury** (Map p72; admission €2.50; ⊗ 10am-5pm Mon-Sat) showcases religious artwork.

Igreja de São Vicente de Fora CHURCH (Map p72; 2218 824 400; Largo de São Vicente; admission €5; ⊙10am-6pm Tue-Sun) Graça's serene, gorgeous Igreja de São Vicente de Fora was founded as a monastery in 1147, revamped by the Italian architect Felipe Terzi in the late 16th century, and devastated in the 1755 earthquake when its dome collapsed on worshippers. Elaborate

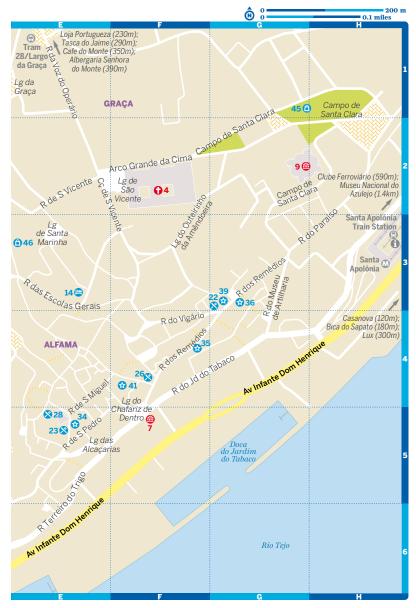
GET LOST IN ALFAMA

There's no place like the labyrinthine Alfama for ditching the map to get lost in sun-dappled alleys and squares full of beauty and banter. Its narrow becos (cul de sacs) and travessas (alleys) lead you on a spectacular wild goose chase past chalk-white chapels and tiny grocery stores, patios shaded by orange trees, and João's freshly washed underpants. The earthy, working-class residents, alfacinhas, fill the lanes with neighbourly chatter, wafts of fried fish and the mournful ballads of fado, Experiencing Alfama is more about luxuriating in the everyday than ticking off the big sights. Take a serendipitous wander through lanes fanning out from Rua de São Miguel, Rua de São João da Praca and Rua dos Remédios.



blue-and-white *azulejos* dance across almost every wall, echoing the curves of the architecture, across the white cloisters and up to the 1st floor. Here you'll find a one-off collection of panels depicting La Fontaine's moral tales of sly foxes and greedy

wolves. Under the marble sacristy lie the crusaders' tombs. Seek out the weeping, cloaked woman holding stony vigil in the eerie mausoleum. Have your camera handy to snap some of the superb views from the tower.



Panteão Nacional

(Map p72; 218 854 820; Campo de Santa Clara; adult/child €3/free, free 10am-2pm Sun; © 10am-5pm Tue-Sun) Perched high and mighty above Graça's Campo de Santa Clara, the porcelain-white Panteão Nacional is a

baroque beauty. Originally intended as a church, it now pays homage to Portugal's heroes and heroines, including 15th-century explorer Vasco da Gama and fadista Amália Rodrigues. Lavishly adorned with pink marble and gold swirls, its echoing

Alfama, Castelo & Graç	a		
Sights ■ Sights		23 Malmequer Bemmequer	E5
1 Casa dos Bicos	D6	24 Marcelino Pão e Vinho	
2 Castelo de São Jorge		25 O Pitéu	
3 Gothic cloister		26 Páteo 13	
4 Igreja de São Vicente de Fora		27 Pois Café	
5 Miradouro de Santa Luzia		28 Santo António de Alfama	
6 Museu de Artes Decorativas			
7 Museu do Fado		C Drinking & Nightlife	
8 Museu do Teatro Romano		29 Bar das Imagens	R4
9 Panteão Nacional		30 Graça do Vinho	
10 Roman Theatre Ruins		31 Miradouro da Graça	
11 Sé		32 Portas do Sol	
12 Treasury		33 Wine Bar do Castelo	
,			
Activities, Courses & Tours		c Entertainment	
13 Tuk Tuk	D4	34 A Baîuca	E5
		35 Adega dos Fadistas	F4
Sleeping		36 Bela	G3
14 Alfama Patio Hostel	E3	37 Chapitô	C4
15 Palácio Belmonte	D3	38 Clube de Fado	D6
16 Pensão Ninho das Águias	C2	39 Mesa de Frades	G3
17 Pensão São João da Praça	D6	40 Onda Jazz Bar	D6
18 Solar dos Mouros	C4	41 Parreirinha de Alfama	F4
19 This is Lisbon	C2	42 Teatro Taborda	C2
S Eating		Shopping	
20 Cafe Belmonte		43 Arte da Terra	
Chapitô(s		44 Fabula Urbis	
21 Cruzes Credo Café		45 Feira da Ladra	
22 Grelhador de Alfama	G3	46 Garbags	E3

dome resembles an enormous Fabergé egg. Trudge up to the 4th-floor viewpoint for a sunbake and vertigo-inducing views over Alfama and the river.

Museu do Fado

MUSEUM

(Map p72; www.museudofado.pt; Largo do Chafariz de Dentro; admission €5;

10am-6pm Tue-Sun) Fado was born in the Alfama, Immerse yourself in its bittersweet symphonies at Museu do Fado, an engaging museum tracing fado's history from its working-class roots to international stardom, taking in discs, recordings, posters, a hall of fame and a re-created guitar workshop. Afterwards, pick up some fado of your own at the shop.

Museu de Artes Decorativas

MUSEUM (Museum of Decorative Arts; Map p72; 218 814 600; www.fress.pt; Largo das Portas do Sol 2; adult/child €4/2; ⊗10am-5pm Wed-Mon) Set in a petite 17th-century palace, the Museu de Artes Decorativas creaks under the weight of treasures including blingy French silverware, priceless Qing vases and Indo-Chinese furniture. It's worth a visit alone to admire the lavish apartments, embellished with baroque azulejos, frescos and chandeliers.

Museu do Teatro Romano

MUSEUM

(Roman Theatre Museum; Map p72; Pátio do Aljube 5; @10am-1pm & 2-6pm Tue-Sun) The ultramodern Museu do Teatro Romano catapults you back to Emperor Augustus' rule in Olisipo (Lisbon). Head upstairs and across the street for the star attraction - a ruined Roman theatre (Map p72), extended in AD 57, buried in the 1755 earthquake and finally unearthed in 1964.

Casa dos Bicos

HISTORIC SITE

(Map p72; www.josesaramago.org; Rua dos Bacalhoeiros 10; admission €3; @10am-6pm Mon-Sat) The pincushion facade of Casa dos Bicos - the eccentric 16th-century abode of Afonso de Albuquerque, former viceroy to India - grabs your attention with 1125 pyramid-shaped stones. Long closed to the public, the Casa reopened in 2012 to house a small museum dedicated to José Saramago (1922-2010), Portugal's most famous writer.

Known for his discursive, cynical and darkly humorous novels, Saramago gained worldwide attention after winning the Nobel Prize in 1998. His best works mine the depth of the human experience and are often set in a uniquely Portuguese landscape. Stop in the bookstore to pick up one of his works, and don't miss the olive tree planted out front, taken from his birthplace of Azinhaga. Below the tree are the ashes of the great writer.

Príncipe Real, Santos & Estrela

West of Bairro Alto, these serene and affluent tree-fringed neighbourhoods slope down to the Rio Tejo, and are dotted with boutique hotels, art galleries, vine-clad courtyards and antique shops. This off-beat corner of Lisbon harbours a handful of must-sees including a neoclassical basilica, exotic gardens, a cavernous ancient art museum, plus the neoclassical Palácio da Assembleia da República, home to Portugal's parliament.

Casa Museu de Amália Rodrigues

MUSEUM

(Map p76; 213 971 896; www.amaliarodrigues.pt; Rua de São Bento 193; admission €5; 10am-lpm & 2-6pm Tue-Sun) A pilgrimage site for fado fans, Casa Museu de Amália Rodrigues is where the Rainha do Fado (Queen of Fado) Amália Rodrigues lived; note graffiti along the street announcing it as Rua Amália. Born in Lisbon in 1920, the diva popularised the genre with her heartbreaking trills and poetic soul. Short tours take in portraits, glittering costumes and crackly recordings of her performances.

Museu da Marioneta

MUSE

(Puppet Museum; Map p76; 213 942 810; www. museudamarioneta.pt; Rua da Esperança 146; adult/child €5/3; ⊗ 10am-1pm & 2-6pm Tue-Sun) Discover your inner child at the enchanting Museu da Marioneta, a veritable Geppetto's workshop housed in the 17th-century Convento das Bernardas. Superstars such as impish Punch and his Russian equivalent Petruschka are displayed alongside rarities: Vietnamese water puppets, Sicilian opera marionettes and intricate Burmese shadow puppets. Tots can try their hand at puppetry. The museum also hosts periodic performances and puppet-making workshops. There's also a superb restaurant, A Travessa (Map p76; 213 902 034; Travessa do Convento das Bernardas 12; @ 12.30-3.30pm & 8pm-midnight Mon-Fri, dinner only Sat; \$\mathbb{Q}\$ 706, \$\mathbb{Q}\$ 25), in the convent.

Basílica da Estrela

CHURCH

(Map p76; 213 960 915; Praça da Estrela; basilica free, nativity scene €1.50, roof €4; 9.30am-noon & 2-7pm) The curvaceous, sugar-white dome and twin belfries of Basílica da Estrela are visible from afar. The echoing interior is awash with pink-and-black marble, which creates a kaleidoscopic effect when you gaze up into the cupola. The neoclassical beauty was completed in 1790 by order of Dona Maria I (whose tomb is here) in gratitude for a male heir.

Do not miss the incredibly elaborate 500-piece Nativity Scene made of cork and terra cotta by celebrated 18th-century sculptor Joaquim Machado de Castro; it's in a room just beyond the tomb. Climb the dome for far-reaching views over Lisbon.

Jardim da Estrela

GARDENS

(Map p76; Largo da Estrela; ⊕gardens 7ammidnight, cafe 10am-11pm) FREE Seeking green respite? Opposite the Basílica da Estrela, this garden is perfect for a stroll, with paths weaving past pine, monkey puzzle and palm trees, rose and cacti beds and the centrepiece – a giant banyan tree. Kids love the duck ponds and animal-themed playground. There are several open-air cafes where you can recharge.

Jardim Botânico

ARDEN:

(Botanical Garden; Map p76; 213 921 800; Rua da Escola Politécnica 58; admission €2; gardens 9am-8pm, butterfly house 11am-5pm Tue-Sun) Nurtured by green-fingered students, the Jardim Botânico is a quiet pocket of lushness just north of Bairro Alto. Look out for Madeiran geraniums, sequoias, purple jacarandas and, by the entrance (upper level gardens), a gigantic Moreton Bay fig tree. It's also worth a peek inside the butterfly house.

Palácio da Assembleia da República

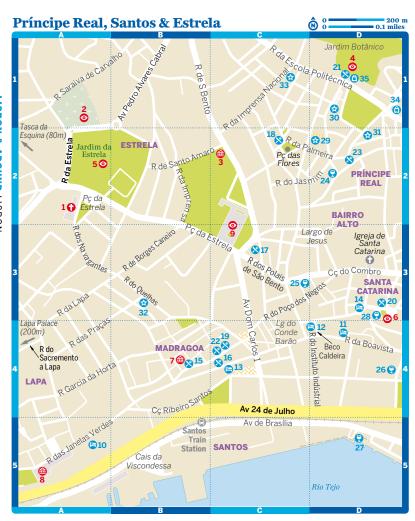
NOTABLE BUILDING

(Assembly of the Republic; Map p76; Rua de São Bento; ⊙ closed to the public) The columned, temple-like Palácio da Assembleia da República is where Portugal's parliament, the Assembleia da República, makes its home. It was once the enormous Benedictine Mostero de São Bento, and is decorated with lofty Doric columns and graceful statues of temperance, prudence, fortitude and justice.

British Cemetery

CEMETERY

(Map p76; Rua de São Jorge; ⊕9am·lpm) FREE Overgrown with cypress trees, the Cemitério dos Ingleses was founded in 1717. Expats at



rest here include Henry Fielding (author of *Tom Jones*), who died during a fruitless visit to Lisbon in 1754 to improve his health. At the far corner are the remains of Lisbon's old Jewish cemetery.

O Doca de Alcântara

Near the scenic but gratingly noisy suspension bridge (and Golden Gate lookalike) Ponte 25 de Abril, the reborn Alcântara dock is sprinkled with outdoor restaurants and drinking spots. For sightseers, the number one attraction is the impressive Museu do

Oriente; this spectacularly converted warehouse turns the spotlight on Portugal's links with Asia.

Getting here on westbound tram 28 or 25 is fun. You can also get here by taking the riverside bike path from Cais do Sodré.

Museu do Oriente

MUSEUM

(Map p78; 2213 585 200; www.museudooriente.pt; Doca de Alcântara; adult/child €5/2, admission free 6-10pm Fri; ⊕10am-6pm Tue-Sun, 10am-10pm Fri) The beautifully designed Museu do Oriente highlights Portugal's ties with Asia, from colonial baby steps in Macau to ancestor

Príncipe Real, Santos & Estrela					
⊙ Sights	19 Petiscaria Ideal	C4			
1 Basílica da Estrela A2	20 Pharmacia				
2 British CemeteryA1	21 Poison d'Amour				
3 Casa Museu de Amália Rodrigues C2	22 Taberna Ideal				
4 Jardim BotânicoD1	23 Terra				
5 Jardim da Estrela					
6 Miradouro de Santa Catarina	C Drinking & Nightlife				
7 Museu da MarionetaB4	24 Cinco Lounge	D2			
8 Museu Nacional de Arte Antiga	25 Incógnito				
9 Palácio da Assembleia da	26 Lounge				
RepúblicaC3	27 Meninos do Rio				
Tropublica	28 Noobai Café				
Sleeping	20 Noobai Garc				
10 As Janelas Verdes	♠ Entertainment				
11 Casa de Santos	29 Bar 106	DS			
12 Casa de Bairro	30 Construction				
13 Maná Guesthouse	31 Finalmente				
14 Oasis Lisboa	32 Senhor Vinho				
14 Oasis Lisboa	33 Trumps				
Eating	33 Trumps				
15 A Travessa B4	Shopping				
16 Alma		Di			
17 Bebel Bistro	34 Espaço B				
	50 LUJa Real				
18 Nova Mesa					

worship. The cavernous museum occupies a revamped 1940s bacalhau (dried salt-cod) warehouse - a €30 million conversion. Strikingly displayed in pitch-black rooms, the permanent collection focuses on the Portuguese presence in Asia, and Asian gods.

Standouts on the 1st floor include rare Chinese screens and Ming porcelain, plus East Timor curiosities such as the divining conch and delicately carved umbilicalcord knives. Upstairs, cult classics include peacock-feathered effigies of Yellamma (goddess of the fallen), Vietnamese medium costumes and an eerie, faceless Nepalese exorcism doll.

Rato, Marquês de Pombal & Saldanha

Up north Lisbon races headlong into the 21st century with gleaming high-rises, dizzying roundabouts, shopping malls and the Parisian-style boulevard Avenida da Liberdade, which poet Fernando Pessoa dubbed 'the finest artery in Lisbon'. The contrast to the old-world riverfront districts is startling.

Though often overlooked, these neighbourhoods reveal some gems: from René Lalique glitterbugs at Museu Calouste Gulbenkian to Hockney masterpieces at Centro de Arte Moderna, hothouses in Parque Edu-

ardo VII to the lofty arches of Aqueduto das Águas Livres.

Museu Calouste Gulbenkian

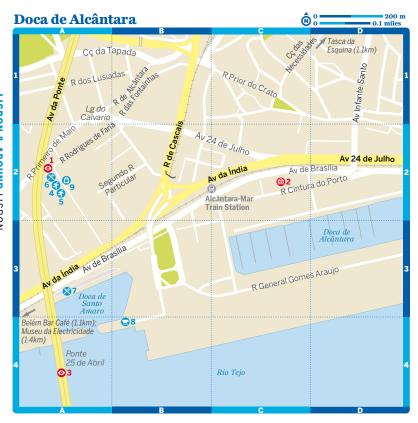
MUSEUM (Map p80; Avenida de Berna 45; admission €4; ⊗10am-6pm Tue-Sun) Famous for its outstanding quality and breadth, Museu Calouste Gulbenkian showcases an epic collection of Western and Eastern art. The chronological romp kicks off with highlights such as gilded Egyptian mummy masks, Mesopotamian urns, elaborate Persian carpets and Qing porcelain (note the grinning Dogs of Fo). Going west, art buffs bewonder masterpieces by Rembrandt (Portrait of an Old Man), Van Dyck and Rubens (including the frantic Loves of the Centaurs).

Be sure to glimpse Rodin's passionate Spring Kiss. The grand finale is the collection of exquisite René Lalique jewellery, including the otherworldly *Dragonfly*.

Casa Museu Dr Anastácio Gonçalves

MUSEUM

(Map p80; Av 5 de Outubro 6; admission €3, free 10am-2pm Sun; ⊕ 2-6pm Tue, 10am-6pm Wed-Sun) This architecturally intriguing house museum (built in 1905) contains a small but fascinating collection of 19th-century paintings by Portuguese artists, as well as rare Chinese porcelain and furnishings dating as far back as the 1600s.



Doca de Alcântara Sights 1 LX Factory......A2 3 Ponte 25 de AbrilA4 Activities, Courses & Tours 5 LX MassagensA2 Eating 6 1300 Taberna.....A2 C Drinking & Nightlife Funky.....(see 4) 8 Op Art Café.....B4 ♠ Entertainment Faktory Club(see 5) Shopping Kare Design(see 1) 9 Ler DevagarA2

Centro de Arte Moderna

MUSEUM

(Modern Art Centre; Map p80; Rua Dr Nicaulau de Bettencourt; admission €5; ⊗ 10am-6pm Tue-Sun) Situated in a sculpture-dotted garden alongside Museu Calouste Gulbenkian, the Centro de Arte Moderna reveals a stellar collection of 20th-century Portuguese and international art, including works by David Hockney, Anthony Gormley and José de Almada Negreiros. Feast your eyes on gems like Paula Rego's warped fairy-tale series Contos Populares and Sonia Delaunay's geometrically bold Chanteur Flamenco. There's also a well-stocked bookshop and garden cafe.

Casa-Museu Medeiros e Almeida MUSEUM (Map p80; www.casa-museumedeirosealmeida. pt; Rua Rosa Araújo 41; adult/youth/child €5/3/ free; ⊗1-5.30pm Mon-Sat) Housed in a stunning art-nouveau mansion, this little known museum presents António Medeiros e Almeida's exquisite fine- and decorative-arts collection. Highlights include 18th-century

Flemish tapestries, Qing porcelain, Thomas Gainsborough paintings, wondrous mechanised clocks and pendulums, and a dinner service that once belonged to Napoleon Bonaparte.

Parque Eduardo VII

(Map p80; Alameda Edgar Cardoso; ⊗ daylight hours) FREE An urban oasis with British roots, Parque Eduardo VII is named after his highness Edward VII, who visited Lisbon in 1903. The sloping parterre affords sweeping views over the whizzing traffic of Praca Marquês de Pombal to the river. The estufas (Greenhouses; Map p80; adult/child €3.10/2.30, free 9am-2pm Sun; ⊕ 9am-6pm) are a highlight, with lush foliage and tinkling fountains.

Look out for tree ferns and camellias in the estufa fría (cool greenhouse) and coffee and mango trees in the estufa quente (hot greenhouse).

Mãe d'Água

HISTORIC BUILDING (Mother of Water; Map p80; ≥218 100 215; Praça das Amoreiras; admission €2; ⊗10am-5.30pm Tue-Sat) The king laid the aqueduct's final stone at Mãe d'Água, the city's massive 5500-cu-metre main reservoir. Completed in 1834, the reservoir's cool, echoing chamber is a fine place to admire the 19th-century technology. Climb the stairs for an excellent view of the aqueduct and the surrounding neighbourhood.

Campo Pequeno Bullring

STADIUM (Avenida da República) This red-brick, neo-Moorish building hosts big concerts and other events, including bullfighting. Below the stadium is a shopping centre, cinema and food court - and it's a popular destination all year long.

In the Portuguese version of bullfighting the animal is not killed publicly, though throughout the event theatrically dressed horsemen plant spears in the bull's neck. During the final phase (or pega) eight forcados, dressed in breeches and short jackets, face the weakened bull barehanded. The leader swaggers towards the bull, provoking it to charge. Bearing the brunt of the attack, he throws himself onto the animal's head and grabs the horns while his mates rush in to grab the beast, often being tossed in all directions. Their success wraps up the contest and the cows are sent in to the arena to lure the bull out.

Though Portuguese bullfighting rules prohibit a public kill, the animals are killed

after the show by a professional butcher you just don't witness the final blow.

Belém

PARK

As well as Unesco World Heritage-listed Manueline stunners such as Mosteiro dos Jerónimos and the whimsical Torre de Belém, this district 6km west of the centre offers a tranquil botanical garden, fairy-tale golden coaches, Lisbon's tastiest pastéis de nata (custard tarts) and a whole booty of other treasures.

The best way to reach Belém is on the zippy tram 15 from Praça da Figueira or Praça do Comércio.

★ Mosteiro dos Jerónimos

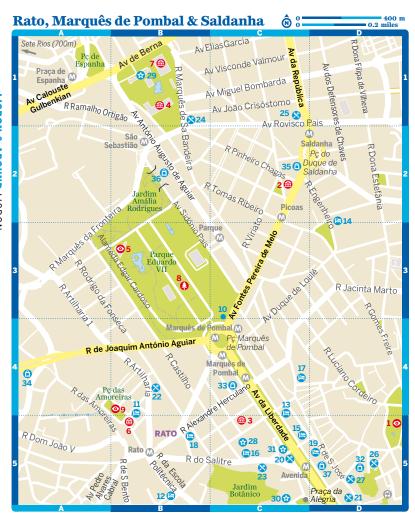
MONASTERY (Map p82; www.mosteirojeronimos.pt; Praça do Império; admission €7; ⊕ 10am-6.30pm Tue-Sun) Belém's undisputed heart-stealer is this Unesco-listed monastery. The mosteiro is the stuff of pure fantasy; a fusion of Diogo de Boitaca's creative vision and the spice and pepper dosh of Manuel I, who commissioned it to trumpet Vasco da Gama's discoverv of a sea route to India in 1498.

Wrought for the glory of God, Jerónimos was once populated by monks of the Order of St Jerome, whose spiritual job for four centuries was to comfort sailors and pray for the king's soul. When the order was dissolved in 1833, the monastery was used as a school and orphanage until about 1940.

Entering the church through the western portal, you'll notice tree-trunk-like columns that seem to grow into the ceiling, which is itself a spiderweb of stone. Windows cast a soft golden light over the church. Superstar Vasco da Gama is interred in the lower chancel, just left of the entrance, opposite venerated 16th-century poet Luís Vaz de Camões. From the upper choir, there's a superb view of the church; the rows of seats are Portugal's first Renaissance woodcarvings.

There's nothing like the moment you walk into the honey-stone Manueline cloisters, dripping with organic detail in their delicately scalloped arches, twisting augershell turrets and columns intertwined with leaves, vines and knots. It's just wow. Keep an eye out for symbols of the age like the armillary sphere and the cross of the Military Order, plus gargoyles and fantastical beasties on the upper balustrade.

If you plan to visit both the monastery and Torre de Belém, you can save a little by



purchasing a €10 admission pass valid for both, or a €13 pass including the Palácio Nacional de Ajuda.

Palácio Nacional de Ajuda

PALACE (213 637 095; www.palacioajuda.pt; Largo da Built in the early 19th century, this staggering neoclassical palace served as the royal residence from the 1860s until the end of the monarchy in 1910. You can tour through private apartments and state rooms, getting an eyeful of the crystal chandeliers, Flemish tapestries, fresco-covered ceilings, gilded

furnishings and exquisite artworks dating back five centuries.

It's a long uphill walk from Belém, or you can take tram 18 or several buses from downtown, including 760 from Praça do Comércio.

Museu de Marinha

(Naval Museum; Map p82; 213 620 019; Praça do Império; adult/child €5/2.50, free 10am-2pm Sun; 910am-6pm Tue-Sun) The Museu de Marinha is a nautical flashback to the Age of Discovery, with its armadas of model ships, cannonballs and shipwreck booty. Dig for

Rato, Marquês de Pomba	al &	Saldanha	
⊙ Sights		S Eating	
1 Campo dos Mártires da Pátria	D5	20 Cervejaria Ribadouro	C5
2 Casa Museu Dr Anastácio		Cinemateca Portuguesa	(see 28)
Gonçalves	C2	21 Jesus é Goês	D5
3 Casa-Museu Medeiros e		22 Mezzaluna	B4
Almeida	C5	23 Os Tibetanos	C5
4 Centro de Arte Moderna		24 Velocité	
5 Estufas	B3	25 Versailles	
6 Mãe d'Água	B5	26 Xuventude de Galicia	D5
7 Museu Calouste Gulbenkian		27 Zé Varunca	D5
8 Parque Eduardo VII	B3		
9 Praça das Amoreiras	B4	★ Entertainment	
		28 Cinemateca Portuguesa	C5
Activities, Courses & Tours		29 Fundação Calouste	
10 Cityrama	СЗ	Gulbenkian	B1
		30 Hot Clube de Portugal	C5
Sleeping		31 São Jorge	C5
11 Casa Amora	B4		
12 Casa de São Mamede		Shopping	
13 Dom Sancho I	C4	32 Carbono	
14 Fontana Park Hotel		33 CE Livrarias	
15 Hotel Britania		34 Complexo das Amoreiras	
16 Hotel Eurostars das Letras		35 Dolce Vita	
17 Inspira Santa Marta		36 El Corte Inglês	
18 Lisbon Dreams		37 Fashion Clinic	D5
19 Mercador	D5		

buried treasure such as Vasco da Gama's portable wooden altar, 17th-century globes (note Australia's absence) and the polished private quarters of UK-built royal yacht Amélia. A separate building houses ornate royal barges, 19th-century fire-fighting machines and several seaplanes.

Padrão dos Descobrimentos MUSEUM (Discoveries Monument; Map p82; 213 031 950; Av de Brasília: adult/child €3/2: \$\infty\$10am-7pm. closed Mon in low season) Like a caravel frozen in mid-swell, the monolithic Padrão dos Descobrimentos was inaugurated in 1960 on the 500th anniversary of Henry the Navigator's death. The 52m-high limestone giant is chock-full of Portuguese bigwigs. At the prow is Henry, while behind him are explorers Vasco da Gama, Diogo Cão, Fernão de Magalhães and 29 other greats. Do take the lift (or puff up 267 steps) to the windswept miradouro for 360-degree views over the river. The mosaic in front of the monument charts the routes of Portuguese mariners

Torre de Belém

(www.torrebelem.pt; admission €6, free 1st Sun each month 10am-2pm Sun; ⊗10am-6.30pm Tue-Sun) Jutting out onto the Rio Tejo, the World Heritage-listed fortress of Torre de

TOWER

Belém epitomises the Age of Discoveries. Francisco de Arruda designed the pearly-grey chess piece in 1515 to defend Lisbon's harbour and nowhere else is the lure of the Atlantic more powerful. The Manueline show-off flaunts filigree stonework, meringue-like cupolas and – just below the western tower – a stone rhinoceros.

The ungulate depicts the one Manuel I sent Pope Leo X in 1515, which inspired Dürer's famous woodcut. Breathe in to climb a narrow spiral staircase to the tower, affording sublime views over Belém and the river. Crowds can be intense on weekends (especially Sunday) – a warning to claustrophobes.

Museu Colecção Berardo

MUSEUM

(Map p82; www.museuberardo.pt; Praça do Império;
②10am-7pm Tue-Sun) FREE Culture fiends get their contemporary art fix for free at Museu Colecção Berardo, the star of the Centro Cultural de Belém. The ultrawhite, minimalist gallery displays billionaire José Berardo's eye-popping collection of abstract, surrealist and pop art. Temporary exhibitions are among the best in Portugal. Also in the complex is a cafe, a restaurant that faces a grassy lawn, a bookshop and a crafty museum store.



Belém Top Sights 1 Mosteiro dos Jerónimos......B1 Sights 2 Jardim Botânico TropicalC1 3 Museu Colecção BerardoA2 4 Museu de Marinha.....B1 5 Museu Nacional de Arqueologia.....B1 6 Museu Nacional dos Coches......D1 7 Padrão dos DescobrimentosB2 Sleeping 8 Altis Belém.... 9 Jerónimos 8......C1 Eating 11 Antiga Confeitaria de BelémC1 12 Bem BelémC1 13 Enoteca de Belém......C1 Feitoria (see 8) 15 Nosolo Italia.....B2 16 Pão Pão Queijo QueijoC1 ♠ Entertainment 17 Centro Cultural de Belém......A2

Museu Nacional de Arqueologia MUSEUM (National Archaeology Museum; Map p82; 213 620 000; www.museuarqueologia.pt; Praça do Império; adult/child €5/free, free 10am-2pm Sun; 10am-6pm Tue-Sun) Housed in Mosteiro dos Jerónimos' western wing, this intriguing stash contains Mesolithic flintstones, Egyptian mummies inside elaborately painted sarcophagi and beautifully wrought Bronze Age iewellery. Even more curious is

the collection of statues dedicated to Roman deities.

Museu Nacional dos Coches

(National Coach Museum; Map p82; 213 610 850; http://en.museudoscoches.pt; Praça Afonso de Albuquerque; adult/child €5/2.50, free 10am-2pm Sun; 10am-6pm Tue-Sun) Cinderella wannabes feel right at home at the palatial Museu Nacional dos Coches, which dazzles with its world-class collection of 17th- to 19th-century coaches. The stuccoed, frescoed halls of the former royal riding stables display gold coaches so heavy and ornate, it's a wonder they could move at all. Stunners include Pope Clement XI's scarlet-and-gold Coach of the Oceans.

Jardim Botânico Tropical

(Map p82; Calçada do Galvão; adult/child €2/free;
② 9am-5pm Mon-Fri, 11am-5pm Sat & Sun) Far from the madding crowd, these botanical gardens bristle with hundreds of tropical species from date palms to monkey puzzle trees. Spread across 7 hectares, it's a peaceful, shady retreat on a sweltering summer's day. A highlight is the Macau garden complete with mini pagoda, where bamboo rustles and a cool stream trickles. Tots love to clamber over the gnarled roots of a banyan tree and spot the waddling ducks and

Museu da Electricidade

(Av de Brasília; ⊗10am-6pm Tue-Sun) ☐ On the riverfront, this red-brick building and former power station dates from 1900, with original machinery and interactive exhibits providing a window into its coal-burning past. More appealing for non-science nerds are first-rate temporary exhibitions (like the World Press photo shows held here each year). There's an on-site sushi restaurant, cafe and waterfront esplanade bar.

Parque das Nações

A shining model of urban regeneration. Parque das Nacões has almost singlehandedly propelled the city into the 21st century since Expo '98. Here you'll find an impressive aquarium, riverside gardens, public art installations, and outdoor dining options galore.

To reach the Parque das Nacões, take the train or metro to Gare do Oriente and follow the signs to the waterfront. The riverside promenade is great for two-wheel adventures. To rent your own set of wheels, check out Tejo Bike (p119), located just east of the Centro Vasco da Gama. For a bird's-eve view of the park, take a ride on the Teleférico (Aerial Tram; www.telecabinelisboa.pt; Passeio do Tejo; adult/child one-way €4/2; ⊕11am-1.30pm & 2.45-7pm), which glides above the river's edge.

Oceanário

AOUARIUM

(www.oceanario.pt; Doca dos Olivais; adult/child €13/9; ⊗10am-8pm) The closest you'll get to scuba-diving without a wetsuit, Lisbon's Oceanário is mind-blowing. No amount of hyperbole does it justice, with 8000 species splashing around in 7 million litres of seawater. Huge wraparound tanks make you feel as if you are underwater, as you eyeball zebra sharks, honevcombed rays, gliding mantas and schools of neon fish.

Keep an eye out for oddities such as filigree seadragons, big ocean sunfish, otherworldly iellyfish and frolicsome sea otters. You'll also want to see the recreated rainforest, Indo-Pacific coral reef and Magellan penguins on ice. The conservation-oriented oceanarium arranges family activities from behind-the-scenes marine tours to sleeping with the sharks.

Pavilhão do Conhecimento

MUSEUM

(www.pavconhecimento.pt; Living Science Centre; adult/child €7/4;

10am-6pm Tue-Fri, 11am-7pm Sat & Sun) Kids won't grumble about science at the interactive Pavilhão do Conhecimento, where they can launch hydrogen rockets, lie unhurt on a bed of nails, experience the gravity on the moon and get dizzy on a highwire bicycle. Budding physicists have fun whipping up tornadoes and blowing massive soap bubbles, while tots run riot in the adult-free unfinished house.

Gare do Oriente

NOTABLE BUILDING

(Oriente Station) Designed by acclaimed Spanish architect Santiago Calatrava, the spaceage Gare do Oriente is an extraordinary vaulted structure, with slender columns fanning out into a concertina roof to create a kind of geometric, crystalline forest.

Jardim Garcia de Orta

GARDENS

(Garcia de Orta Garden; Rossio dos Olivais) Bristling with exotic foliage from Portugal's former colonies, the Jardim Garcia de Orta is named after a 16th-century Portuguese naturalist and pioneer in tropical medicine. Botanical rarities include Madeira's bird of paradise and serpentine dragon tree. Stroll the Brazilian garden, shaded by bougainvillea, silk-cotton, frangipani and Tabasco pepper trees. There's also a music garden where kids can bash out melodies on giant triangles and gongs.



Activities

ViniPortugal

WINE TASTING

(Map p64; www.viniportugal.pt; Praça do Comércio; ⊗11am-7pm Tue-Sat) A few doors down from the tourist office, this viticultural organisation offers wine tastings (€2) four or five times a day (stop in or check the schedule posted out front). Each tasting features three different wines, which range from good to rather undrinkable - depending on what's being opened for the day.

WATER FEATURE

The 109 arches of the Aqueduto das Águas Livres (Aqueduct of the Free Waters) lope across the hills into Lisbon from Caneças, more than 18km away: they are most spectacular at Campolide, where the tallest arch is an incredible 65m high. Built between 1728 and 1835, by order of Dom João V, the aqueduct is a spectacular feat of engineering and brought Lisbon its first clean drinking water. Its more sinister claim to fame is as the site where 19thcentury mass murderer Diogo Alves pushed his victims over the edge. One of the best places to see the aqueduct is in the leafy Praça das Amoreiras (Map p80), next to the Mãe d'Água.

DON'T MISS

A WONDROUS ART COLLECTION

Set in a lemon-fronted, 17th-century palace, the Museu Nacional de Arte Antiga (Ancient Art Museum; Map p76; www.museudearteantiga.pt; Rua das Janelas Verdes; admission €5, free 10am-2pm is Lapa's biggest draw. It presents a star-studded collection of European and Asian paintings and decorative arts. Keep an eye out for highlights such as Nuno Gonçalves' naturalistic Panels of São Vicente. Albrecht Dürer's St Jerome, Lucas Cranach's haunting Salomé, and Gustave Courbet's bleak Snow. Other gems include golden wonder the Monstrance of Belém, a souvenir from Vasco da Gama's second voyage; and 16th-century Japanese screens depicting the arrival of the namban (southern barbarians), namely big-nosed Portuguese explorers.



Jeep, Bus, Tram & Tuk Tuk Tours

We Hate Tourism Tours

(2) 913 776 598: www.wehatetourismtours.com: per person from €25) One memorable way to explore the city is aboard an open-topped UMM (a Portuguese 4WD once made for the army). In addition to the King of the Hills tour, this alternative outfit organises evening meals followed by a night tour around Lisbon, plus beach trips, longer city tours and excursions to Sintra. Most trips depart from Praca Luís de Camões, near the Chiado.

Carristur

TOUR (213 582 334; www.yellowbustours.com; tram tour adult/child €18/9; ⊗ 10am-7pm Jun, 9.20am-7pm Jul-Sep, 10.20am-5.40pm Oct-May) Tram 28 covers the major sights, but if you'd prefer to join a group, Carristur runs 11/2-hour tram tours of city highlights in Alfama and Baixa departing from Praça do Comércio. Other Carristur tours take in the highlights of Belém by bus (adult/child €5/2.50), while another goes from Praça da Figueira out to Parque das Nações (adult/child €15/7.50), with stops along the way. All are hop-on hop-off tours. Tours depart every 20 minutes from June to September, and every 40 minutes from October to May.

Cityrama

BUS TOUR

TOUR

(Map p80; 213 191 090; www.cityrama.pt; hopon hop-off tour €12-25) This outfit runs opentopped double-decker bus tours that travel several routes in Lisbon, heading towards Castelo, Oriente, Belém or Cascais, All depart from Marquês de Pombal.

Tuk Tuk

(Map p72; 213 478 103; www.tuk-tuk-lisboa. pt; Largo das Portas do Sol; 30-/60-minute tour €35/45; № 10am-6pm) Toodle around Lisbon in a small, open-topped, four-person tuk tuk those quaint, three-wheel vehicles popular in South Asia. You can select from a range of circuits, the best of which head up to various lookouts, giving you dazzling views over the

city without the serious legwork. Reserve

ahead or show up at Largo das Portas do Sol,

River Cruises & Dinner Cruises

Transteio

TOUR

where they park.

CRUISE

(Map p64; 210 422 417; www.transtejo.pt; Terreiro do Paço ferry terminal; adult/child €20/10; May-Oct) These 21/2-hour river cruises are a laid-back way to enjoy Lisbon's sights with multilingual commentary.

Lisboa Vista do Tejo

FERRY, CRUISE

(Map p64; 213 913 030; www.lvt.pt; Terreiro do Paço terminal; ferry ticket one-way/return €12/16; 7 This outfit sails twice daily between Caís do Sodré and Belém, where it docks near the Torre de Belém. LVT also offers several threehour dinner cruises (per person €80) per week; these depart from Docas de Alcântara.

Speciality Tours

GoCar Touring

DRIVING TOUR

(Map p64: 210 965 030: www.gocartours.pt: Rua 6.30pm) These self-guided tours put you behind the wheel of an open-topped, two-seater mini-car with a talking GPS that guides you along one of several pre-determined routes. Helmets included.

Walking Tours

Lisbon Walker

WALKING TOUR

(Map p64; 218 861 840; www.lisbonwalker.com; Rua dos Remédios 84: 3hr walk adult/child €15/ free; \$\infty\$10am & 2.30pm) This excellent company, with well-informed, English-speaking guides, offers themed walking tours through Lisbon such as 'Old Town' (the history and lore of the Alfama) and 'Legends and Mysteries'. Walking tours depart from the northwest corner of Praça do Comércio.





START MIRADOURO DA SENHORA DO MONTE

FINISH PRAÇA DO COMÉRCIO DISTANCE 3KM DURATION TWO TO THREE HOURS

This scenic route starts on tram 28 from Largo Martim Moniz or the Baixa, taking in the city's best tram route and avoiding uphill slogs. Take the tram up to Largo da Graça. From here, stroll north and turn left behind the barracks for breathtaking views from Lisbon's highest lookout, 1 Miradouro da Senhora do Monte. Next, walk south and turn right to pine-shaded 2Miradouro da Graça (p109), where central Lisbon spreads out before you. Retrace your steps and head east to admire the exquisitely tiled cloisters of 3lgreja de São Vicente de Fora (p71), and the cool, echoing 4Panteão Nacional (p73). If it's Tuesday or Saturday, make a detour to the buzzy Feira da Ladra (Thieves Market; p117) to hunt for buried treasure. Otherwise, go west along Arco Grande da Cima until you

reach Largo de Rodrigues de Freitas. Take the Costa do Castelo fork, continuing west to skirt the castle battlements along narrow cobbled streets affording stunning views. Pass in front of Solar dos Mouros (p93), then turn left up to the 7Castelo de São Jorge (p70) and its gviewpoint. Next, head down the steep lanes to Largo das Portas do Sol, and another fine vista from bougainvillea-clad Miradouro de Santa Luzia. From here wander northward, past whitewashed 10 Igreja de Santa Luzia and turn right into the atmospheric lane of Beco de Santa Helena, threading through labyrinthine Alfama to Largo das Alcaçarias. Take Rua de São João da Praça westwards, pausing for a bite or a drink at (11) Cruzes Credo Cafe (p101), before continuing on to the fortresslike 12 sé (p71) and 13 Igreja de Santo António. Continue downhill, stopping for a look at the intricate Manueline facade of

**Ligreja da Conceição Velha, before ending at **Is Praça do Comércio, Europe's largest square.

HITCH A RIDE ON TRAM 28

Vintage tram 28 offers the ultimate spin around Lisbon's blockbuster sights - from Basílica da Estrela to the backstreets of Baixa - for the price of a €2.85 ticket. The route from Campo Ourique to Martim Moniz is 45 minutes of astonishing views and absurdly steep climbs. The most exciting bit is when the tram commences its rattling climb to Alfama, where passengers lean perilously out of the window for an in-motion shot of the sé or hop out for postcardperfect views from Miradouro de Santa Luzia (Map p72). The final stretch negotiates impossibly narrow streets and hairpin bends up to Graça, where most folk get out to explore Igreja de São Vicente de Fora (p71). Keep in mind that many locals use this as their only transport; be kind and offer a seat. and avoid riding at peak hours. Beat the heavy crowds by going early in the morning or in the evening.

Lisbon Explorer

WALKING TOLIR

(≥969 219 059; www.lisbonexplorer.com; adult/ child from €35/free) Top-notch Englishspeaking guides peel back the many layers of Lisbon's history during the three-hour walking tours offered by this highly rated outfit. Top picks include 'Around Alfama', taking in the castle, $s\acute{e}$ and the narrow back lanes of the neighbourhood; and 'Hidden Lisbon', delving into the Baixa, Chiado and Bairro Alto. There are also tours to Sintra and Belém, and a food- and wine-tasting tour. The fee includes admissions and public transport costs during the tour. Tours typically depart from Praca do Comércio or other central locations. You'll receive the meeting point upon booking.

* Festivals & Events

Lisboêtas celebrate their seasons with fervour. Rio-style carnivals and indie flicks heat up the cooler months, while summer spells high-octane concerts, sparkly pride parading and saintly celebrations of feasting and indecent proposals. Fazer a festa (partying) is considered a birthright in Portugal's livewire capital. For up-to-date listings, pick up the tourist board's free magazine Follow Me Lisboa.

February

Lisbon Carnival

CULTURE

(www.visitlisboa.com) From Friday to Tuesday before Ash Wednesday, Lisbon celebrates at music-filled street parties and big events (including costume balls) at nightclubs.

April

Dias da Música

MUSIC

(www.ccb.pt) Classical-music buffs see worldrenowned orchestras perform at this threeday festival held at Centro Cultural de Belém.

Indie Lisboa

EII M

(www.indielisboa.com) This spring filmathon brings 10 days of indie features, documentaries and shorts to Lisbon's big screens.

Peixe em Lisboa

FOOD

(www.peixemlisboa.com) Seafood lovers won't want to miss this week-long culinary extravaganza, put on by a dozen restaurants (including chefs with Michelin stars).

May

Out Jazz

MUSIC

(www.ncs.pt) One of the best free events of the summer, Out Jazz happens on Fridays and Sundays from May through September, with a band playing at a different park around the city each week. DJs follow the live music. Bring a picnic blanket and join the festive summer crowds.

June

Festival ao Largo

MUSIC

(Map p68; www.festivalaolargo.pt; Largo de São Carlos) Free outdoor performances – classical concerts, ballet and opera – from late June to late July in front of the Teatro Nacional de São Carlos.

July

BaixAnima

CUI TURE

Baixa's summertime shindig entertains the crowds for free on weekends from July to September with circus acts and live music, improvised theatre and mime.

Delta Tejo

MUSIC

(www.deltatejo.com) Alto Ajuda's environmentally sustainable festival stages three days of live music under a starry sky – from reggae and fado to mellow Brazilian grooves.

August

Jazz em Agosto

MUSIC

(www.musica.gulbenkian.pt) Fundação Calouste Gulbenkian welcomes established and fresh talent to the stage at this soulful jazz fest.

November

Arte Lisboa

(www.artelisboa.fil.pt) In the spotlight: the contemporary art of 40 Portuguese and international galleries at this massive fair in Parque das Nacões.

December

New Year's Eve

CULTURE

ART

Ring in the ano novo (new year) with fireworks, free concerts and DJs down by the river

Sleeping

Lisbon has an array of boutique hotels, upmarket hostels and both modern and old-fashioned guesthouses. Be sure to book ahead during the high season (July to September). If you arrive without a reservation, head to a tourist office, where staff can call around for you.

A word to those with weak knees and/ or heavy bags: many guesthouses lack lifts, meaning you'll have to haul your luggage up three flights or more. If this disconcerts, be sure to book a place with an elevator.

🗠 Baixa & Rossio

Sandwiched between the Alfama and Bairro Alto, this central area is packed with options, including high-end hotels, modest and upper-end guesthouses and first-rate hostels. You can walk everywhere and there's great public transit.

Travellers House

HOSTEL €

(Map p64; 210 115 922; www.travellershouse.com; Rua Augusta 89; dm/s/d €22/35/65; @ 😭) Travellers enthuse about this super-friendly hostel set in a converted 250-year-old house on Rua Augusta. As well as cosy dorms, there's a retro lounge with beanbags, an internet corner and a communal kitchen. Tiago and Gonçalo know what travellers like, from scrambled eggs for breakfast to evening Alfama tours and periodic happy hours.

Goodnight Hostel

HOSTEL €

(Map p64; 213 430 139; www.goodnighthostel. com; Rua dos Correiros 113; dm/d €21/55; @ 🔊) Set in a converted 18th-century town house, this glam hostel rocks with its fab location, retro design and friendly staff. The highceilinged dorms offer vertigo-inducing views over Baixa.

Lisbon Lounge Hostel

HOSTEL €

(Map p64; 213 462 061; www.lisbonlounge hostel.com; Rua de São Nicolau 41; dm/d €22/64; @ 膏) These stylish Baixa digs have immaculate dorms and an artfully designed lounge complete with turntable and faux moose head. The fun team hosts nightly dinners, bar crawls and other events. It's a great spot to meet other travellers.

Pensão Brasil-África

GUESTHOUSE €

(Map p64; 218 869 266; www.pensaobrasilafrica. com; Travessa das Pedras Negras 8; s/d €25/35; 🛜) Tucked down a quiet street, this old-school guesthouse near the sé offers sunny, woodfloored rooms with floral prints. Shared bathrooms are fairly clean. There's everything you need to rustle up a light breakfast in the lounge.

Pensão Imperial

GUESTHOUSE €

(Map p64; 213 420 166; Praça dos Restauradores 78, Rossio; s/d from €20/30) Cheery Imperial has a terrific location, but you'll need to grin and lug it, as there's no lift. The rooms with high ceilings and wooden furniture are nothing flash, but some have flower-draped balconies overlooking the praça. Bathrooms

SAINTLY CELEBRATIONS

Come all ye faithful lovers of vinho-swigging, sardine-feasting, dancing and merrymaking to June's Festas dos Santos Populares (Festivals of the Popular Saints), three weeks of midsummer madness. There are a couple of key saintly festivities:

Festa de Santo António (Festival of St Anthony) This lively fest is celebrated with particular fervour in Alfama and Madragoa from June 12 to 13, with feasting, drinking, bailes (balls) and some 50 arraiais (street parties). St Anthony has a bit of a reputation as a matchmaker. Lisboêtas declare their undying love by giving manjericos (basil plants) with soppy poems. Around 300 hard-up couples get hitched for free!

Festa de São Pedro (Festival of St Peter) Lisbon pulls out all the stops for St Peter, the patron saint of fishermen, from June 28 to 29. There are slap-up seafood dinners and river processions in his barnacled honour.

are shared, though some rooms have a shower or sink.

Pensão Galicia

GUESTHOUSE €

(Map p64: 213 428 430: 4th fl. Rua do Crucifixo 50; s/d with shared bathroom €25/40) Central for Baixa, this homey, no-frills guesthouse exudes tattered charm. Its 11 small rooms are decked out in chintzy pastels, rag rugs and old-style furnishings; the best have little balconies.

Residencial Restauradores

HOTEL €€

GUESTHOUSE €€

(Map p64: 218 866 182: http://lisboateiohotel. com: Rua dos Condes de Monsanto 2: s/d from €70/80: ₩@♠) Once a broom-maker's, this 58-room hotel has wood-floored chambers with cornflower-blue hues, theatrical chairs and satellite TV. Don't miss the Roman poço (well) near the entrance. **Residencial Florescente** GUESTHOUSE €€

(Map p64; 213 220 670; www.alegrianet.com; Praca da Alegria 12: d €60-83: ★) Overlooking a

palm-dotted plaza, this lemon-fronted belle-

époque gem is ablaze with pink geraniums

in summer. Rooms are peaceful and airv

with plaids and chunky wood, while corri-

dors reveal stucco and antiques.

Residencial Alegria

Hotel Lisboa Tejo

GUESTHOUSE € (Map p64; 213 475 660; http://residencialres tauradores.pai.pt: 4th fl. Praca dos Restauradores 13; d €35; *****) Run by a kindhearted old soul, this guesthouse has clean, old-fashioned rooms with homey furnishings. Most rooms have showers, but the toilets are shared. The best have fine views over the plaza. French, English and Spanish spoken.

Lavra Guest House

GUESTHOUSE €€ (Map p64; 218 820 000; www.lavra.pt; Calcada de Santano 198; d not incl breakfast €59-69; 🗟) Set in a former convent that dates back two centuries, this place has stylishly set rooms with wood floors and tiny balconies. Some bathrooms are cramped. It's a short stroll from the Elevador da Lavra, or a steep climb from

(Map p64; 213 426 609; www.residencialflo rescente.com; Rua das Portas de Santo Antão 99; s/d from €50/75; 🕸 @ 🔊) The best feature of Florescente is the excellent location, just a short stroll from Rossio. Rooms are clean and simple, though the ones in the back lack natural light. It's on a pedestrian street lined with alfresco restaurants. Pensão Roval GUESTHOUSE €€

Brown's Downtown

Largo de São Domingos.

BOUTIOUE HOTEL €€ (Map p64: 213 431 391; www.brownsdown town.com: Rua dos Sapateiros 69: d €90-120) Brown's Downtown offers attractive, hightech rooms complete with iMacs and wellanchored iPads, and an excellent location in the Baixa. On the downside, rooms can be on the smallish side, the walls are thin, and the heating/cooling and showers (which sometimes flood) could use some tweaking.

(Map p64; 213 479 006; www.royal-guesthouse. com: 3rd fl. Rua do Crucifixo 50: d €55-70: 🕸 🔊) This petite seven-room guesthouse has pleasant, colourful rooms, some of which are decorated with azuleios. Friendly service, big breakfasts and excellent local advice add to the value. French, Italian and English spoken.

Lisbon Story Guesthouse

Internacional

BOUTIQUE HOTEL €€€

GUESTHOUSE €€ (Map p64: 218 879 392: www.lisbonstorvguest house.com; Largo de São Domingos 18; d €100-120, shared bathrooms €60-80; @ 🖘) Overlooking Praca São Domingos, Lisbon Story is a small, welcoming guesthouse with nicely maintained rooms, some of which sport Portuguese themes (the river-blue Tejo room, a handicraft-lined 'Culturas' room). Rooms range from cramped to spacious, and the best room has fine views and pays homage to Portugal's greatest writers. Three rooms have private bathrooms; the other eight share three bathrooms. The shoe-free lounge, with throw pillows and low tables, is a nice touch

Design Hotel (Map p64; 213 240 990; http://idesignhotel.com; Rua da Betesga 3; d €130-250; 🕸 🕏) This highconcept hotel has four types of rooms, each conjuring a radically different aesthetic. Urban rooms have brightly coloured artwork and duvets; Tribu rooms have wood details and tree silhouettes; Zen aims for simple elegance; while Pop features eye-catching art and bubblegum-coloured floors and walls. The enticing cafe-restaurant on the 1st floor has views over Rossio.

Vincci

BOUTIQUE HOTEL €€€

(Map p64; 218 803 190; www.vinccihoteles.com; Rua do Comércio 32; r from €167; 🕸 🔊) In a great location near the Praca do Comércio, Vincci has attractive rooms with a modern design and good lighting. Some rooms are a bit on the small side, and the narrow closets don't allow much storage. Good soundproofing ensures a quiet night's rest.

Altis Avenida

BOUTIQUE HOTEL EEE

Chiado, Bairro Alto & Around

Well-heeled Chiado has high-quality top-end and budget options, but little in between. Bairro Alto is nightlife central, meaning you won't get much rest amid the late-night revelry. The hip Santa Catarina district has a few options.

Living Lounge

HOSTEL €

(Map p68; 2213 461 078; www.livinglounge hostel.com; 2nd fl, Rua do Crucifixo 116; dm/s/d €22/37/64; (②) The Living Lounge has a stylish design, attractive rooms, friendly staff and excellent amenities (full kitchen, wi-fi, bicycle hire). The nightly dinners and wide range of tours provide a fine opportunity to meet other travellers.

The Independente

HOSTEL €

HOSTEL €

(Map p68; 213 461 381; www.theindependente.pt; Rua de São Pedro de Alcântara 81; dm €18-20, ste without/with view €110/120; ⑤) Located on the edge of the Bairro Alto, this stylish new place has 11 dorn rooms (with six to 12 beds in each) and a handful of roomier suites with balconies overlooking the Tejo. Common areas feature vintage furnishings and art-deco details, and the restaurant (p100) and bar are great places to start off the night. Light sleepers beware: noise is a major issue.

Shiado Hostel

(Map p68; 213 429 227; www.shiadohostel.com; 3rd fl, Rua Anchieta 5; dm/d with shared bathroom from €20/60; ②② Beautifully located on an elegant street in the Chiado, this handsomely maintained upper-floor hostel (with lift) has bright, Zen-like rooms with polished floors and a simple but inviting colour scheme, and artwork around the common areas. It's a welcoming, peaceful place;

SELF-CATERING IN STYLE

Lisbon has great deals on modern, fully furnished apartments, particularly if you're staying for more than a few nights. Rates in central districts such as Alfama, Baixa and Chiado start at around €50 per night, with many places offering substantial discounts for stays of more than a week. There's also Airbnb, where you can rent both apartments and spare rooms from locals. Good websites to try include the following:

- www.travelingtolisbon.com
- www.lisbon-holiday-apartments.com
- www.airbnb.com

there's a yoga studio and a macrobiotic institute in the same building.

Lisbon Calling

HOSTEL

(Map p68; 213 432 381; www.lisboncalling.net; 3rd fl, Rua de São Paulo 126; dm/d €20/60; 17his stylish, unsigned backpacker favourite near Santa Catarina features original frescos, azulejos and hardwood floors – all lovingly restored by the friendly English-Portuguese owners. It's a charming pad with bright, spacious dorms, a groovy lounge with internet, and a brick-vaulted kitchen where breakfast is served.

Oasis Lisboa

HOSTEL €

(Map p76; 2213 478 044; www.oasislisboa.com; Rua de Santa Catarina 24; dm/d €20/60; ②⑤) Behind bright yellow walls, this self-described backpacker mansion offers woodfloored dorms, a sleek lounge and kitchen, and a rooftop terrace with stunning views to the river. The young team arranges activities from cocktail hours to barbecues.

Pensão Globo

GUESTHOUSE €€

(Map p68; 213 462 279; www.blueangelhotel. com/pensaoglobo; Rua do Teixeira 37; r from €50) Tucked down a quietish street, this guesthouse offers 16 tidy, individually decorated rooms – from scarlet ones with postage-stamp-sized courtyards to lime-green and leafy jobs; all have ultramodern bathrooms. Payment is cash only.

★Lisboa Carmo Hotel

HOTEL €€€

(Map p68; 213 264 710; www.lisboacarmohotel. com; Rua da Oliveira ao Carmo 1; r €120-200;

Lisbon's Architectural Highs

Lisbon is packed with stunning architectural works that span more than five centuries. You'll find wildly intricate Unesco World Heritage sites commemorating Portugal's Golden Age of Discoveries, whimsical works of wrought-iron elegance (with grand views over the old city) and cutting-edge designs of the late 20th century.





1. Torre de Belém (p81), Belém

Built in 1515, the Manueline-period architecture of Torre de Belém epitomises the Age of Discoveries era.

2. Gare do Oriente (p83), Parque das Nações

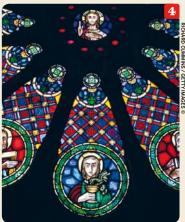
The futuristic Gare do Oriente was built by Spanish architect Santiago Calatrava for Expo '98.

3. Elevador de Santa Justa (p63), Baixa

Ride this neo-Gothic street lift for views of the city.

4. Sé (p71), Alfama

This iconic Lisbon cathedral was built on the site of a mosque in 1150.



♠ ♠) On the edge of one of Lisbon's prettiest plazas, this 48-room hotel has classically designed rooms, the best of which have sweeping Lisbon views. It earns high marks for its use of Portuguese products both in the rooms (bed linens, towels, bath products) and in the pleasant ground-floor restaurant.

★ Casa Balthazar

GUESTHOUSE €€€

(Map p68; 2917 085 568; www.casabalthazar lisbon.com; Rua do Duque 26; r €160-220; P ® ② Tucked down a quiet lane, Casa Balthazar has undeniable appeal with beautifully furnished rooms, friendly service and a grassy courtyard with a pool. Each of the nine rooms has been appointed with highend fittings (iPod docks, big flat-screen TVs, luxury bedding), and pricier rooms have magnificent views (some even have private terraces).

★ Chiado 16

BOUTIQUE HOTEL €€€

(Map p68; ②213 941 616; www.chiado16. com; Academia Nacional das Belas Artes 16; d/ste from €156/285; ②213 941 on an elegant street in the lower Chiado, this boutique charmer has just seven rooms: three large guestrooms with river views and four suites (with full kitchens, making them ideal for families) – two of which have panoramic views. All feature unique designs with rich colour schemes and high-end furnishings. The first-rate cooked breakfast costs extra (€12.30 per person).

Hotel do Chiado

HOTEL €€€

Mercy Hotel

BOUTIQUE HOTEL €€€

 have magnificent views. It also has friendly efficient service, a first-rate Japanese restaurant onsite and a great location a short stroll from both the Chiado and Bairro Alto.

Alfama, Castelo & Graça

Alfama's cobbled lanes generally offer peaceful slumber, though choose wisely or else you might find yourself being serenaded to sleep by a warbling *fadista*. On its hilltop perch above Lisbon, leafy Graça has dramatic views.

This is Lisbon

HOSTEL €

(Map p72; 22 218 014 549; www.thisislisbonhostel. com; Rua da Costa do Castelo 63; dm/d/apt from €17/60/96; ②②) Great views and an easygoing vibe draw a good mix of travellers to this Brazilian-run hilltop perch in Castelo. In addition to dorms, there's a private apartment with kitchen for rent next door. It's a good place to meet other travellers, with yoga on the terrace, surf classes, pub crawls, nightly dinners and occasional barbecues.

Alfama Patio Hostel

AOSTEL €

(Map p72; ②218 883 127; http://alfama.destina tionhostels.com; Rua das Escolas Gerais 3; dm/d €23/60; ②⑤ In the heart of the Alfama, this beautifully run hostel is a great place to meet other travellers, with loads of activities (from pub crawls through the Bairro Alto to day trips to the beach), plus regular barbecues on the hostel's laid-back garden-like patio. There's a stylish lounge and fantastic staff.

Pensão Ninho das Águias

GUESTHOUSE €

(Map p72; 218 854 070; http://ninhodasaguias. pai.pt/; Costa do Castelo 74; s/d/tr with shared bathroom €30/40/60) It isn't called 'eagle's nest' for nothing: this guesthouse has a Rapunzel-esque turret affording magical 360-degree views over Lisbon. Let your hair down in the light and breezy rooms, or on the flowery terrace. Service is grumpy.

Pensão São João da Praça GUEST

(Map p72; 218 862 591; 218862591@sapo.pt; 2nd fl, Rua de São João da Praça 97; s/d with shared bathroom €30/40, d with private bathroom €45-55; 50 close to the sé you can almost touch the gargoyles, this 19th-century guesthouse has a pick-and-mix of sunny rooms with fridges and TVs; the best have river-facing verandahs.

GREAT ESCAPES

Some of Lisbon's greenest and most peaceful praças (town squares) are perfect for a crowd-free stroll or picnic. A few of our favourites:

Praça da Alegria Swooping palms and banyan trees shade tranquil Praça da Alegria, which is actually more round than square. Look out for the bronze bust of 19th-century Portuguese painter and composer Alfredo Keil.

Praça do Príncipe Real A century-old cedar tree forms a giant natural parasol at the centre of this palm-dotted square, popular among grizzled card players by day and gay cruisers by night. There's a kids' playground and a relaxed cafe with alfresco seating.

Praca das Flores Centred on a fountain, this romantic, leafy square has cobbles, pastel-washed houses and enough doggie-do to make a Parisian proud.

Campo dos Mártires da Pátria (Map p80) Framed by elegant buildings, this grassy square is dotted with pine, weeping willow and jacaranda trees, with a pond for ducks and a pleasant indoor-outdoor cafe. Lisboêtas in search of cures light candles before the statue of Dr Sousa Martins, who was renowned for his healing work among the poor.

Albergaria Senhora do Monte HOTFI €€

(2218 866 002; www.albergariasenhoradomonte. com; Calçada do Monte 39; s/d from €80/98; 🕸) Well off the beaten path, this friendly hotel has clean but slightly dated rooms with stunning views. It's worth shelling out extra for a verandah. There's also a restaurant and sunny terrace - both with panoramic views. Tram 28 passes nearby.

Palácio Belmonte

LUXURY HOTEL €€€ (Map p72; 218 816 600; www.palaciobelmonte. com; Páteo Dom Fradique 14; ste from €300; 🕸 🛎) Nestled beside Castelo de São Jorge, this 15th-century palace turns on the VIP treatment with its 11 suites, named after Portuguese luminaries and lavishly adorned with 18th-century azulejos, silks, marble and antiques. There's a pool framed by herb gardens, a wood-panelled library where classical music plays, and numerous other luxuries to justify the price tag.

Solar dos Mouros BOUTIQUE HOTEL €€€ (Map p72; **≥** 218 854 940; www.solardosmouros. pt; Rua do Milagre de Santo António 4; d €70-170; ■) Blink and you'll miss this boutique pad near the castle. Its art-slung interior reveals a passion for Africa and primary colours. Affording castle views or more panoramic vistas over the river, the 12 rooms bear the imprint of artist Luís Lemos and offer trappings such as flat-screen TVs and minibars. There's a water garden for catnapping between sights.

Príncipe Real, Santos & Estrela

Leafy neighbourhoods and plenty of style set the scene for an overnight stay in the topnotch boutique hotels here. It's ideal for escapists who prefer pin-drop peace to central bustle.

Maná Guesthouse

GUESTHOUSE €

(Map p76; **≥** 213 931 060; pensaomana@sapo.pt; Calçada do Marquês de Abrantes 97; d €50; 🗟) Small and welcoming, Maná has ultraclean rooms with polished wood floors, high ceilings and decorative balconies. Breakfast is served under the fruit trees in the garden.

Casa de Santos

GUESTHOUSE €

(Map p76; 2915 696 177; www.casadesantos.net; Rua da Boavista 102; d/ste €50/90; 🕸 🗟) Casa de Santos has appealing wood-floored rooms decorated with artwork and eclectic furnishings - including pieces from the Far East. The location is good for those interested in exploring the less touristy neighbourhoods of Santa Catarina and Santos. If you don't mind the shared bathrooms (six rooms share two bathrooms), it's excellent value.

Casa do Bairro

B&B €€

(Map p76; 218 054 784; http://shiadu.com; Beco Caldeira 1; d €99-139; 🕸 🗟) This small welcoming guesthouse has bright rooms furnished in an attractive contemporary style, and staff have great tips on the city. Some rooms are small, and bathrooms can be rather cramped. It's hard to find (it's located on a staircase lane), so get good directions

before arriving. The owners also operate four other B&Bs in Lisbon, and one in Porto.

Lapa Palace

LUXURY HOTEL **€€€**

(②213 949 494; www.lapapalace.com; Rua do Pau de Bandeira 4; d from €350; 變 ② ② ② Set in landscaped gardens, this belle-époque mansion offers the red-carpet treatment in swanky quarters with five-star trimmings.

As Janelas Verdes

BOUTIQUE HOTEL €€€

(Map p76; 213 968 143; www.heritage.pt; Rua das Janelas Verdes 47; d €250; 20) This romantic 18th-century mansion inspired Eça de Queirós' novel *Os Maias*. Retreat to the woodpanelled library for sweeping views to the river and a stargazing telescope. When the sun's out, have your breakfast in the bougainvillea-draped courtyard.

Rato, Marquês de Pombal & Saldanha

Go Hostel Lisbon

HOSTEL €

(②218 229 816; Rua Maria da Fonte 55; dm €16-20, d €55-70; Ne ②?) Set inside a sprawling 150-year-old mansion (the Palacio Andrade), this hostel has loads of character, including frescos in some rooms, skylights, mural-covered stairwells, an elegant lounge and a grassy courtyard that sometimes hosts concerts and DJ nights. It's located in a tourist-free residential area, a short walk from Intendente metro station; tram 28 also rattles past.

Dom Sancho I

GUESTHOUSE €

(Map p80; 2213 513 160; www.domsancho.com; 2nd fl, Av da Liberdade 202; s/d from €55/60; ②②) In a grand 18th-century edifice overlooking the leafy but busy Avenida da Liberdade, Dom Sancho I offers small but comfortably furnished rooms – the best with polished wood floors, marble bathrooms and decorative balconies. Breakfast and wifi are available, but may cost extra (depending on where you booked).

★ Casa Amora

GUESTHOUSE €€

(Map p80; 2919 300 317; http://solisbon.com; Rua João Penha 13; d €100-140; 全會) Opened in 2012, the Casa Amora has five beautifully designed guestrooms and one private studio with a small kitchen. Rooms are bright, elegantly furnished and uniquely designed, and each pays homage to a different Portuguese artist (poet Fernando Pessoa, fadista Amália Rodrigues, painter Amadeo Souza Cardoso).

There's a lovely garden patio where the firstrate breakfast is served. It's located in the peaceful neighbourhood of Amoreiras, a few steps from one of Lisbon's prettiest squares.

Lisbon Dreams

GUESTHOUSE €€

Fontana Park Hotel

HOTEL €€

(Map p80; 210 410 600; www.fontanaparkhotel. com; Rua Engenheiro Vieira da Silva 2; d from €88; © 1 in Saldanha, this 1908 iron-factory-turned-cutting-edge hotel, flaunts smooth contours, space-age lighting and sylvan flourishes. The 140 monochrome rooms are temples to minimalism, with granite bathrooms with transparent walls. There's also a Japanese restaurant and bamboo-fringed garden with cascading fountain.

Inspira Santa Marta

HOTEL €€

Hotel Eurostars das Letras

HOTEL FF

(Map p80; 213 573 094; www.eurostarsdaslet ras.com; Rua Castilho 6; d/ste €98/147; P ● ② ③ The Hotel Eurostars has high-tech rooms painted in earthy tones, with wood floors, walnut headboards, black armchairs and brown comforters. Rooms have a literary bent, with quotes by famous writers (Shakespeare, Borges, Pessoa) over the beds. Topfloor rooms have balconies. Breakfast costs an extra €7 per person.

Casa de São Mamede

GUESTHOUSE €€

(Map p80; 2213 963 166; www.casadesao mamede.com; Rua da Escola Politécnica 159; s/d from €70/80; 🕸 つ) This 18th-century,

family-run villa has class: from the red carpet gracing the staircase to the tinkling chandeliers in the exquisitely tiled breakfast room. Large and serene, rooms sport period furnishings. It's a short stroll from Bairro Alto and the botanical gardens.

Hotel Britania

HOTEL €€€

(Map p80; 213 155 016; www.heritage.pt; Rua Rodrigues Sampaio 17; d from €205; *@ ?) Art deco rules the waves at Britania, a boutique gem near Avenida da Liberdade. Cassiano Branco put his modernist stamp on the rooms with chrome lamps, plaid fabrics and shiny marble bathrooms. Hobnob over a G&T at the bar, chat with the affable staff and let this 1940s time capsule work its charm.

Mercador

APARTMENT €€€

(Map p80: 919 300 317: http://solisbon.com: Rua São José 164; ste €125-145; 🗟) Mercador consists of three lavish apartments suitable for royalty. It's on a peaceful street one block back from grand Avenida da Liberdade. It's best for self-caterers, as there's no reception area and minimal amenities (although the suites are cleaned daily and the refrigerator is stocked for breakfast).

🗀 Belém

Pensão Residencial Setúbalense

GUESTHOUSE €

(Map p82; 213 636 639; www.setubalense.pt; Rua de Belém 28; s/d from €45/50; 🕸) A short toddle east of the Mosteiro dos Jerónimos (p79), this 17th-century guesthouse has twee but comfy rooms with tiled floors, floral fabrics and modern bathrooms. Corridors are a tad dark, but azulejos and potted plants add a homely touch.

Jerónimos 8 BOUTIQUE HOTEL €€ (Map p82; 213 600 900; www.jeronimos8. com; Rua dos Jerónimos 8; d from €102; 🕸 @ 🖘) Belém's first boutique hotel, Jerónimos 8 ups the style ante with clean lines, floorto-ceiling windows and designer flourishes aplenty. The slick rooms, dressed in cream and caramel hues with natural fabrics, feature cable TV, minibar and wi-fi, Chill in the pepper-red bar or on the deck. The monastery views are superb.

Altis Belém HOTEL €€€

(Map p82; 210 400 200; www.altishotels.com; Doca do Bom Sucesso; d from €230; P * @ ?) Near the waterfront, this hypermodern boutique hotel and spa offers stylish rooms that range from small to large with all the high-end fittings - Egyptian-cotton bed linen, glass-walled marble bathrooms, and outdoor jacuzzis in some suites. All have balconies, and the best have enviable views over the Tejo. There's also a full-service spa and several enticing restaurants (one with an outdoor deck facing the marina).

Parque das Nações

Myriad

LUXURY HOTEL €€€

(Vasco da Gama Tower; 2211 107 600; http:// myriad.pt: Rua Cais das Naus: s/d from €210/240: @ ₹ ≥ Formerly part of the Expo, the 145m-high, concrete-and-steel Torre Vasco da Gama todav houses this luxury hotel. All rooms are lavishly appointed, if a touch on the garish side, with ruby red carpets and red pillows accepting an otherwise subdued colour scheme. Big windows provide stunning river views. There's a spa, indoor pool and restaurant, and the open-air riverside lounge juts out over the water.

Eating

Creative new-generation chefs at the stove. first-rate raw ingredients and a generous pinch of world spice has transformed Lisbon into a buzzing culinary capital.

Baixa & Rossio

Many of Baixa's old-school bistros and outdoor cafes heave with tourists, but tiptoe away from the main drag, Rua Augusta, and you'll find some gems in streets such as Rua dos Correiros and Rua dos Sapateiros.

Amorino ICE CREAM €

(Map p64; Rua Augusta 209; small/large ice cream €3.50/5.50: № 11am-9pm) For lovers of sweet treats, Amorino serves the city's best gelato creamy, rich decadence made from organic, high-quality ingredients.

Oishi Sushi

JAPANESE €

(Map p64; Rua dos Correios 42; 8 rolls €6-8; Slunch & dinner Mon-Sat) Oishi (which means 'yummy' in Japanese) delivers the goods with plump, mouthwatering sushi and temaki (hand rolls). There's limited seating fronting the fast food-like counter, so you want to get it to go, and have an impromptu picnic on nearby Praça do Comércio.

Bacalhoeiro

PORTUGUESE €

(Map p64; Rua dos Sapateiros 218; mains €7-10; the tourist traps of Baixa, Bacalhoeiro serves good-value Portuguese fish and meat dishes. True to name, the bacalhau (cod) is excellent, the wines refreshing and affordable, and the atmosphere is buzzing and casual.

Moma

PATISSERIE €€

(Map p64; Rua de São Nicolau 47; mains €7.50-9; ⊗ 12.30pm-6pm Mon-Fri) A nice break from grilled sardines and menu-touting hawks in Baixa, this local haunt boasts black-andwhite tile floors and a small but creative menu (spicy crispy prawns, pasta with wild mushrooms, and arugula salad with goat cheese and grilled eggplant are three recent

Fragoleto (Map p64; Rua da Prata 61; small/medium/large €2.20/3.50/5; ⊗ 9am-8pm Mon-Sat; 🗷) Fragoleto serves creamy, rich, Italian-style gelato made from seasonal fruit - and there are even vegan options.

tional restaurant is always packed around

midday is its delicious *leitão* (suckling pig)

sandwich, served on freshly baked bread in

60 seconds or less by the lightning-fast crew

behind the counter. Other sandwich favour-

ites include prosciutto and roast chicken.

favourites). **Nova Pombalina**

Confeitaria Nacional

(Map p64; 213 461 720; Praça da Figueira 18; lunches €9-11;

⊗ 8am-8pm Mon-Sat) Expanding waistlines since 1829, this stuccoed patisserie entices with strong bica, macaroons

PORTUGUESE € (Map p64; Rua do Comércio 2; sandwiches €3.50;

and pastéis de nata. Upstairs, the restaurant dishes up hearty quiches, soups and daily lunch specials.

LOCAL KNOWLEDGE

LISBON'S CULINARY REVOLUTION

Sarajevo-born Ljubomir Stanišić is one of Lisbon's most celebrated chefs, the mastermind behind the award-winning restaurant 100 Maneiras (p100) and a bistro (p98) of the same name. Here he gives the dish on Portugal's dynamic culinary scene.

What influences your cooking?

My cooking is based on French knowledge and techniques, but I'm also interested in exploring everyday types of cuisine on the travels I make (come with us on www.papakms. com). Asia is also a huge inspiration, as is Africa. So, the world is, in fact, a daily inspiration. I love to taste and to see what others do and then take bits of this and bits of that...

How would you describe the current dining scene in Lisbon?

Portuguese traditional gastronomy is very rich but has grown even richer in the past five years. With the economic crisis, haute cuisine has fallen out of fashion, and the emerging trend (even among high-level chefs) is to focus on bistro-style tascas or tavernas more relaxed, less expensive and informal.

What's the one thing that distinguishes Portuguese cooking from other cuisines?

The perfect mixture between olive oil, garlic, coriander and wine. And definitely the best fish in the world.

Aside from your own restaurants, what are your favourite restaurants in Lisbon?

Tasca da Esquina (p103), Ramiro (p105), O Pitéu (p101), Jesus é Goês (p105) and Solar dos Presuntos (p97), among others.

Do you have any insider tips for visitors seeking an authentic Lisbon dining experience?

The fresh grilled fish and the seafood like bruxas and percebes at Mar do Inferno (p133), in Cascais; the fried carabineiros at Ramiro (p105), in Lisbon – they're not on the menu, so ask; a fresh-squeezed juice with the best terrace-view in town at Noobai (p107); and several glasses of excellent Portuguese wine at Wine Bar do Castelo (p109).

Casa do Alentejo

PORTUGUESE €€ (Map p64; Rua Portas de Santo Antão 58; mains €11-14; Slunch & dinner Mon-Sat) Hidden behind a plain facade, the Casa do Alentejo has a magnificent Moorish-style interior; head upstairs to a series of tile-filled dining rooms where you can feast on pork with clams, lamb stew and other Alentejan favourites. The changing €8 lunch specials are good value.

Jardim dos Sentidos VEGETARIAN €€ (Map p64; 213 423 670; Rua Mãe d'Água 3; lunch buffet €9-11; ⊗ lunch Mon-Fri, dinner Mon-Sat; 🗷) Vegetarian-minded diners flock to this attractive restaurant with a back garden and an extensive lunch buffet. Among the offerings: four-cheese lasagna, vegetarian chilli, warm goat's-cheese salad and stuffed eggplant, plus a substantial tea menu.

Tamarind INDIAN €€

(Map p64; 213 466 080; Rua da Glória 43; mains €9-14; ⊗ lunch Sun-Fri, dinner daily; 🗷) Dave Walia cooks up an Indian storm at this calm restaurant in Ayurveda-inspired pink and blue tones. His rich prawn kormas and lamb curries are inflected with chilli, ginger and fresh herbs.

Bonjardim

PORTUGUESE €€ (Map p64; 213 424 389; Travessa de Santo Antão 11; roast chicken for 2 €13; lunch & dinner) Juicy, spit-roast frango (chicken) is served with a mountain of fries at this local favourite. Add piri-piri for extra spice. The pavement terrace is elbow-to-elbow in summer.

Can the Can

MEDITERRANEAN €€ (Map p64; Praça do Comércio 82; mains €12-19; outdoor restaurants facing Lisbon's biggest plaza, Can the Can pays homage to the humble tinned fish in appetisers and sharing plates (not to mention the giant chandelier). Not everything comes out of a can: savoury salads, roast meats and grilled fish and veggies are all fresh and nicely prepared. There's live fado on Friday nights from 9.30pm.

Solar dos Presuntos PORTUGUESE **€€€** (Map p64; 213 424 253; Rua das Portas de Santo Antão 150; mains €15-28; @ lunch & dinner Mon-Sat) Don't be fooled by the smoked presunto (ham) hanging in the window; this iconic restaurant is renowned for its excellent seafood - as well as its smoked and grilled meats. There's a pleasant buzz to the folksy and welcoming space, with photos of ad-

mirers lining the restaurant's walls. Prawn and lobster curry, salt-baked sea bass and delectable seafood paella are among the top choices.

Chiado

The elegant back streets of Chiado have some memorable dining options, some of which have vistas overlooking peaceful tree-fringed plazas. Good places to browse restaurant options include Rua dos Duques de Bragança, Rua Nova de Trindade and around pretty Largo do Carmo. You'll also find a handful of restaurants on a wellconcealed plaza off Rua Garrett, just east of Livraria Bertrand.

If you're self-catering or simply after a pic-8pm Mon-Fri, 10am-8pm Sat, noon-7pm Sun) - an organic, reasonably priced grocer - stocks the essentials: wines, yoghurts, granolas, cold drinks, chocolates, cheeses, breads and more. There's also a small cafe, with outdoor tables in front.

Eric Kayser

CAFE, PATISSERIE €

(Map p68; Rua do Carmo 70; pastries €1.50-2.50; ⊗8am-10pm) This Parisian boulangerie opened in the Chiado in 2012, and has earned much acclaim for its delectable pastries, tarts and baguettes. Lunch and dinner specials include a light main (sandwich, salad, quiche), a drink and dessert for €7 to €9.

ACISJF PORTUGUESE €

(Map p68; top fl, Travessa do Ferragial 1; mains €7; ⊗lunch Mon-Fri) Sweet nuns dressed as lunch ladies run this small, sunny cafeteria, dishing up a daily soup (the gazpacho is great!), several mains - of the beef, sardines or codfish variety - and fresh fruit for dessert. The river views from the sun-drenched terrace are astounding.

Faca & Garfo

PORTUGUESE €

(Map p68; Rua da Condessa 2; mains €7-10; ⊗ lunch & dinner Mon-Sat) The sweet azulejo-filled Faca & Garfo (which means 'knife and fork') has earned a loyal local following for its tasty, carefully prepared Portuguese recipes, reasonable prices and friendly service. Try the authentic alheira de Mirandela (chicken sausage) or the bife à casa (steak with cream and port-wine sauce).

Jardim das Cerejas

VEGETARIAN €

(Map p68; Calçada do Sacramento 36; buffet lunch/dinner €7.50/9.50; ⊗ lunch & dinner; 🗷) On a restaurant-lined stretch of Chiado, Jardim das Cerejasoffers a small but tasty buffet, with many vegan items.

Tartine CAFE €€

(Map p68; Rua Serpa Pinto 15; mains €8-10; ⊕ 8am-10pm Mon-Fri, 10am-8pm Sat; 📵) This stylish modern cafe and bakery has a tempting display case of almond croissants, eclairs and other baked goodies. Head upstairs to the wooden tables to peruse newspapers or join locals over big bowls of coffee and tasty lunch specials (quiche, risotto, pasta). There's also a small terrace.

Kaffeehaus

CAFE €€

(Map p68; Rua Anchieta 3; mains €9-13; ⊕ noon-midnight Tue-Sat, to 8pm Sun) Kaffee Haus has a bright interior with classic lines and big windows overlooking a peaceful corner of the Chiado, and it's a favourite eating and drinking spot among a cool but unpretentious crowd. Check the chalkboard for daily specials, including big salads, tasty schnitzels, strudels, cakes and more. Expect big crowds (and great food) at weekend brunches.

Fábulas CAFE €€

(Map p68; Calçada Nova de São Francisco 14; mains €10-15, lunch specials €6-7; ② 10am-midnight; ② ②) Exposed stone walls, low lighting and twisting corridors that open onto cosy nooks do indeed conjure a *fábula* (storybook fable). Couches and wooden tables are fine spots to while away a few hours over coffee, drinks or globally inspired dishes – curry shrimp with basmati rice, quinoa with vegetables, and duck magret with chestnut risotto. There's also alfresco dining on the back courtyard, adjoining a handful of other restaurants.

Café no Chiado

PORTUGUESE €€

(Map p68; ②213 460 501; R dos Duques de Bragança; mains €15-18; prix-fixe lunch/dinner €13/16; ③10am-2am) Near the Teatro São Luís, this atmospheric cafe serves Portuguese classics such as bacalhau à brás (shredded cod with scrambled eggs), arroz de pato (cooked duck with rice) and creamy desserts. Tram 28 rattles right by the shaded sidewalk terrace, which is great for people-watching. Multi-course lunch or dinner specials including wine are available on weekdays.

Taberna da Rua das Flores (Map p68; 2213 479 418; Rua das Flores 103; small plates €6-8; ⊕11am-midnight Mon-Sat) This

vintage-looking space channels the nostalgia of the old-fashioned tavern with marble-topped tables and classic Portuguese products on display. Excellent cocktails and local wines from the surrounding region go nicely with tapas plates like the mussels in garlic and coriander sauce, seared razor clams and pork shoulder sandwiches.

Cervejaria da Trindade

PORTUGUESE €€

(Map p68; 213 423 506; Rua Nova da Trindade 20c; mains €8-20; onon-midnight daily) This 13th-century monastery turned clattering beer hall oozes atmosphere with its vaults and *azulejos* of quaffing clerics and seasonal goddesses. Feast away on huge steaks or lobster stew, washed down with foaming beer.

Tagide Wine & Tapas Bar

FUSION €€

(Map p68; 213 404 010; Largo da Academia Nacional de Belas Artes 20; tapas €4-9; ⊗noon-3pm & 7pm-midnight Mon-Fri, 1pm-midnight Sat) Not to be confused with the pricier Tagide next door, this less-formal place has an airy modern setting with dark wood floors and narrow windows with pretty views to the river (the TV, though thankfully silent, seems out of place). Small sharing plates feature imaginative combinations that are packed with flavour. Two-course lunch specials cost €8.50.

* Belcanto

PORTUGUESE €€€

(Map p68; ②213 420 607; Largo de São Carlos 10; mains €35-38, tasting menu €65-85; ⊙lunch & dinner Tue-Sat) One of Lisbon's best restaurants, Michelin-starred Belcanto has wowed many diners with its small but creative menu, delicious cuisine and first-rate service (the rather stuffy ambience, however, is another story). Suckling pig, sea bass with seaweed and bivalves, and lamb with marinated vegetables are superb. For true decadence, try the tasting menu, and do trust the top-notch sommelier. As with any of José Avillez' restaurants, you'll need to reserve ahead.

Bistro 100 Maneiras

FUSION €€€

(Map p68; 2910 307 575; Largo da Trindade 9; mains €18-24; ⊕ 6pm-2am Mon-Sat) The mastermind behind 100 Maneiras (p100) in Bairro Alto opened this creatively charged bistro to much fanfare in 2010. It has earned rave reviews for its beautifully prepared dishes, which showcase high-end Portuguese ingredients. It stays open late (though the kitchen closes around 12.30am), making it a good option for late-night dining. Reserve ahead.

LISBON FOR CHILDREN

Amusing kids is child's play in Lisbon, where even little things spark the imagination – from bumpy rides on bee-yellow trams to gooey pastéis de nata, acting out fairy tales at Castelo de São Jorge (p70) to munching colourful pipocas (popcorn).

Lisboêtas are well prepared for families, with free or half-price tickets for little 'uns at major sights, half portions (ask for uma meia dose) at many restaurants, and free transport for under-fives. Hotels will often squeeze in cots or beds for tots at no extra charge.

Prime kiddie territory is Parque das Nacões, where little nippers love to spot toothy sharks and sea otters at the eye-popping Oceanário (p83), launch rockets and ride the high-wire bicycle at the hands-on Pavilhão do Conhecimento (p83), then get utterly soaked at the splashy Jardins d'Água (Water Gardens; Passeio de Neptuno; 24hr; underground rail Oriente) FREE.

Most of Lisbon's squares and parks have playgrounds for tykes to let off excess energy, including Parque Eduardo VII (p79) and an animal-themed one at Jardim da Estrela (p75).

Go west to relive the nautical adventures of the Age of Discovery in Belém's bargestuffed Museu de Marinha (p80), or marvel at the puppets in Lapa's enchanting Museu da Marioneta (p75). Hard-to-please teens in tow? Take them shopping in Bairro Alto's groovy boutiques such as Sneakers Delight (p116).

When the weather warms up, take the train to Cascais for some ice-cream-licking. bucket-and-spade fun. Kids can make finny friends on a dolphin-watching tour in Setúbal, or play king of the castle in the fantastical turrets and woodlands of Sintra.

Aqui Há Peixe

SEAFOOD €€€

(Map p68; 213 432 154; Rua da Trindade 18; mains €15-20: ⊗lunch Tue-Fri. dinner Tue-Sun) Stone walls, sea-green banquettes and nautical knick-knacks remind diners that indeed 'aqui ha peixe' (here there is fish). Prices are high, but so is the quality with favourites such as oysters, octopus salad, grilled sea bass and lobster.

Cantinho do Avillez

PORTUGUESE €€€

(Map p68; 211 992 369; Rua dos Dugues de Bragança 7; small plate €5-10, mains €18-20; ⊗ lunch & dinner Mon-Sat) Celebrated chef José Avillez has several restaurants in the neighbourhood, including this buzzing, warmly lit bistro. Small plates are a great way to sample a variety of inventive dishes, including partridge pie, Alentejo-style black pork and marinated scallops with avocado. Steak sandwiches and hearty mains (cod with eggs, grilled tuna) are nicely prepared, if a little unimaginative.

Bairro Alto & Around

For a preclubbing vibe, caipirinhas and a side order of cool, it has to be loud and lively Bairro Alto. The rhythmic sizzle of grills, wafts of garlic and pumping music fill the narrow lanes come twilight.

Flower Power

CAFE €

(Map p68; Calçada do Combro 2; snacks €4-6; ⊕11am-8pm) True to name, this stylish little cafe is packed with artfully arranged floral displays (owner Carlos Filipe runs a flower shop in the same space). The menu features soups, salads, sandwiches, quiches and desserts. Sidewalk tables are a fine vantage point for taking in the passing people parade.

Casa da India

PORTUGUESE €

(Map p68; Rua do Loreto 49; mains €7-9; ⊗ noon-2am Mon-Sat) Despite the name, this is a traditional joint with a Portuguese menu. It's a local haunt with a buzzing, if downmarket, atmosphere (the green and beige tiles aren't winning any design awards) and a grillmaster in front who whips up tasty grilled meats and seafood; the *chocos* (cuttlefish) are excellent

Cultura do Chá

CAFE €

(Map p68; Rua das Salgadeiras 38; snacks €3-4; noon-10pm Mon-Sat) One of Bairro Alto's rare quiet nooks, this tearoom has comfy chairs, stone walls and arches, and a relaxing vibe that goes well with the little pots of lapsang, sencha and 15 other teas on offer. Simple sandwiches and salads along with pastries and cakes round out the menu.

Toma Lá-Dá-Cá

PORTUGUESE € (Map p68; ≥ 213 479 243; Travessa do Sequeiro 38; mains €7-12; ⊗ lunch & dinner) There's always a buzzing crowd filling this Santa Catarina gem, which is famed for its simple classics such as grilled fish and roasted meat dishes.

Tease

CAFE €

(Map p68; Rua do Norte 31; cupcakes €2.50; ⊕ 11am-midnight Mon-Sat) This rock 'n' roll bakery specialises in decadent cupcakes piled high with frosting, as well as scones and freshly brewed teas. The gold disco ball, delicate armchairs and black skull wallpaper add to the fun.

Pastelaria São Roque

PATISSERIE €

(Map p64; Rua Dom Pedro V; pastries €1-3;

7am-7pm) This wedding cake of a patisserie drips with exquisite azulejos, gold-topped columns and mirrors. Bag a seat in one of the alcoves to indulge in buttery cakes, freshly made bread and people-watching.

Lost in Esplanada

INTERNATIONAL €€

(Map p64; Rua Dom Pedro V 56; mains €11-17; 4pm-midnight Mon, 12.30pm-midnight Tue-Sat) Hidden behind an Indian textile shop, this well-concealed terrace is set up with painted wicker chairs, a gurgling fountain and a Krishna mural, though the view over the city is the real attraction. Veggie burgers, prawn curry and Portuguese sharing plates comprise the menu. There's live jazz on Thursdays from 9pm to 11pm.

Flor da Laranja

MOROCCAN €€

(Map p68; 213 422 996; Rua da Rosa 206; mains €14-16; ⊗ dinner Mon-Sat) A great place to linger over a meal, Flor da Laranja earns rave reviews for its warm welcome, cosy ambience and delicious Moroccan cuisine (the owner hails from Casablanca). Top picks include dolmas, mouth-watering couscous dishes, lamb tagine, and fresh berry crepes for dessert.

Le Petit Bistro

FUSION €€

(Map p68; Rua do Almada 31; mains €9-14;

dinner Tue-Fri, lunch & dinner Sat & Sun) On a lively stretch of Bica, the bohemian Petit Bistro serves both tapas-size plates and heartier mains from France and beyond (duck confit, gazpacho, wraps, lasagna, couscous dishes, hummus with bruschetta). Good late brunches (from 1pm) on weekends.

Beef Burger Bar

BURGERS €€

(Map p68; 213 424 266; Rua de Sao Boaventura 16; mains €9-14; ⊕5pm-2am Wed-Mon) Vintage toys hanging from the ceilings, walls plastered with black-and-white photos, and paintings of bullfighters set the scene at this wildly decorated - if unimaginatively named - restaurant. In addition to thick burgers (which can be a little undercooked) and refreshing Estrella draughts, you'll find a selection of classic Spanish tapas.

Antigo Primeiro de Maio

PORTUGUESE €€

(Map p68; Rua da Atalaia 8; mains €10-12; ⊗ dinner Mon-Sat, lunch Mon-Fri) Always packed with regulars, this small but festive tasca (tavern) serves excellent traditional Portuguese dishes amid tiled walls, a garrulous crowd and harried but friendly waiters.

Decadente

PORTUGUESE €€

(Map p68: 213 461 381: Rua de São Pedro de Alcântara 81: mains €9-14:

lunch Sun-Fri, dinner daily) This beautifully designed restaurant, with touches of industrial chic, geometric artwork and an enticing back patio, attracts a mix of hip lisboetas and foreign guests staying at the Independente. All come for inventive dishes showcasing high-end Portuguese ingredients at excellent prices. The changing three-course lunch menu (€10) is first-rate. Start off with creative cocktails in the front bar There's also bistro fare in the bar from 4pm to 7pm.

Pharmacia

MEDITERRANEAN €€

(Map p76; 213 462 146; Rua Marechal Saldanha 1; tapas €7-11; ⊗1pm-1am Tue-Sun) Within Lisbon's apothecary museum, this wonderfully quirky restaurant dispenses tasting menus and tapas that sing with flavours that are market fresh and Mediterranean influenced. Waiters in white lab coats, appetisers served in test tubes, and cabinets brimming with pill bottles and flacons - it's all part of the pharmaceutical fun. The terrace is a great afternoon spot for cocktails.

★100 Maneiras

FUSION €€€

(Map p68; 910 307 575; Rua do Teixeira 35; tasting menus €45; ⊗ dinner) One of Lisbon's best-rated restaurants, 100 Maneiras has no menu, just a 10-course tasting menu that changes daily and features creative, delicately prepared dishes. The courses are all a surprise part of the charm - though the chef will take special diets and food allergies into consideration. There's a lively buzz to the elegant and small space. Reservations essential.

Pap'Acorda

PORTUGUESE €€€

(Map p68; 213 464 811; Rua da Atalaia 57; mains €17-29; ⊗ lunch & dinner) Pap'Açorda lures the beauty set with its cascading chandeliers, pink-champagne walls and Right Said Fred lookalike waiters. Dishes are traditional and include the likes of *açorda* (bread and shell-fish stew), lamb chops, grilled stone-bass and rich chocolate mousse for dessert.

Sea Me

SEAFOOD €€€

(Map p68; 213 461 564; Rua do Lareto 21; mains €18-30; lunch & dinner) One of Lisbon's best seafood restaurants serves up magnificent grilled fish by the kilo (check out the tempting fresh selection in the back) as well as flavourful plates with international accents risotto with shrimp, Thai green curry with grilled salmon, seared scallops with mango relish, and fish ceviche among other standouts.

X Alfama, Castelo & Graça

Peppered with small family bistros whose owners might spontaneously break out in song, Alfama's twisting, lantern-lit lanes are made for romantic *tête-à-têtes*. Come for alfresco dining on the cobblestones and impromptu *fado vadio* (street fado).

Cafe Belmonte

CAFE €

(Map p72; Páteo Dom Fradique 14; mains €4-6; ③11am-7pm; ⑤) A peaceful and beautifully located cafe with old stone walls and an out-door terrace a few steps from the castle.

Marcelino Pão e Vinho

PORTUGUESE €

(Map p72; Rua do Salvador 62; snacks €2-4; ②10.30am-midnight Thu-Tue; ②) This narrow cafe has just three tables inside and two on the quiet lane outside. What it lacks in space, however, it makes up for in atmosphere, with changing artwork (featuring local artists) on the walls, occasional live music, refreshing sangria, and salads, sandwiches, quiches, desserts and other light bites.

Cafe do Monte

CAFE €

(Rua Senhora do Monte; mains €5-8; ⊗ noon-3pm & 7-11pm Mon-Fri, 10am-10.30pm Sat & Sun) Near the panoramic overlook of Miradouro da Senhora do Monte, this sweet little cafe with its burgundy walls, old film posters and ambient electrogrooves attracts an easy-going, mostly local crowd who come for warm goat-cheese salads, toasted sandwiches and tabuas (sharing platters) of cheese and smoked meats. Drinks by night and week-

end breakfasts (yoghurt, fruit and muesli, and the like).

Pois Café

CAFE €

(Map p72; Rua de São João da Praça 93; mains €7-10; ⊕ 11am-10pm Tue-Sun) Boasting a laid-back vibe, Pois Café has creative salads, sandwiches and fresh juices, plus a delicious daily special (soup and main for €9.50). Its sofas invite lazy afternoons spent reading novels and sipping coffee.

Páteo 13

PORTUGUESE €€

(Map p72; Calçadinha de Santo Estêvão 13; mains €8-12; ⊗ lunch & dinner) Follow the scent of chargrilled fish to this local favourite, tucked away on a small, festively decorated plaza in the Alfama. Join buzzing crowds hunkered over picnic tables as they feast on barbecued seafood and meats, washed down with everflowing Alentejan reds.

O Pitéu

PORTUGUESE €€

(Map p72; 218 871 067; Largo da Graça 95; mains €9-14; lunch Mon-Sat, dinner Mon-Fri) Off the beaten path, this unassuming place draws a local crowd who come for beautifully prepared, good-value dishes. Join them in savouring flavourful Alentejan pork, *figado* (liver) and excellent fish dishes – especially the grilled *dourada* (golden bream) and fried *carapauzinhos* (small mackerel). The portions are huge, the wine reasonably priced, and the staff friendly (if almost exclusively Portuguese-speaking).

Cruzes Credo Café

CAFE €€

(Map p72; Rua Cruzes da Sé 29; mains €7-12; ⊕ 10am-2am) In the shadow of the grand cathedral, this youthful, jazz-loving cafe has earned a local following for its cozy ambience and eclectic menu. Stop in for coffees, drinks, salads, sandwiches, crepes, burgers, and decadent chocolate cake.

Santo António de Alfama

PORTUGUESE €€

(Map p72; ②218 881 328; Beco de Saō Miguel 7; mains €15-21; ⊗lunch & dinner) This bistro wins the award for Lisbon's loveliest court-yard: all vines, twittering budgies and fluttering laundry. The interior is a silverscreen shrine, while the menu stars tasty *petiscos* (appetisers): gorgonzola-stuffed mushrooms, roasted aubergines with yoghurt, as well as more filling traditional Portuguese dishes.

Malmequer Bemmequer

PORTUGUESE €€

(Map p72; 218 876 535; Rua de São Miguel 23; dishes €8-15; ⊕ lunch & dinner Wed-Sun) Look for

the sign with a daisy for this bright checktablecloth-and-tile number overlooking a pretty square. It rolls out charcoal-grilled dishes such as lamb chops, shrimp and fish kebabs, and classic sardines.

Casanova

PIZZA €€

(2) 218 877 532; Cais da Pedra á Bica do Sapato; mains €8-16; ⊗lunch & dinner) Casanova seduces with wood-fired pizza that's thin, crisp and authentically Italian. Bag a table on the riverside terrace (heated in winter).

Grelhador de Alfama

PORTLIGUESE €€

(Map p72: 218 886 298: Rua dos Remédios 135: mains €10-12; ⊗ lunch & dinner Mon-Sat) Exposed stone and fado paraphernalia create a cosymeets-kitsch setting for barbecued fish or steak at this no-fuss grill house. The pocketsized terrace fills up fast in summer.

Tentações de Goa

(Map p64; 218 875 824; Rua São Pedro Mártir 23; mains €7-14; ⊗ lunch Tue-Sat, dinner Mon-Sat) Friendly and usually full, this family affair is tucked down a backstreet near Martim Moniz. Reserve a table to munch on spicy Goan nosh such as crab curry with perfectly fluffy basmati.

Chapitô

CONTEMPORARY, PORTUGUESE €€€

(Map p72; 218 867 334; Costa do Castelo 7; mains €17-20; ⊗ lunch & dinner) Part of the Chapitô arts cooperative, this tree-filled courtyard hums with arty types tucking into tapas or barbecued steaks. Zebra and giraffe prints glam up the top-floor restaurant, which affords mesmerising views over Lisbon.

Bica do Sapato

FUSION €€€

(218 810 320; Cais da Pedra á Bica do Sapato; mains €19-32; @ lunch Tue-Sat, dinner Mon-Sat) Part-owned by John Malkovich, this uberhip dockside venue is all glass walls, artful lighting and airy river views. Upstairs, scenesters nibble on sashimi in the minimalist sushi bar, while downstairs the design-conscious restaurant serves highlights such as roasted meats, mushroom risotto and oven-baked fish. There's also an open-air patio cafe facing the river with several other restaurantcafes next door.

X Cais do Sodré

Near the waterfront a handful of restaurants and cafes have opened their doors in recent years, meaning you can grab a bite before hitting the bars nearby.

Sol e Pesca

PORTUGUESE €

(Map p68; Rua Nova do Carvalho 44; tinned fish around €3: noon-2am Tue-Thu, to 4am Fri & Sat) Rods, nets, hooks and fish charts give away this tiny bar's former life as a fishing-tackle shop. Cabinets are stacked with vintagelooking tins of sardines, tuna, mackerel and other preserved delicacies. Grab a chair, order a tin or two, and accompany it with bread, olives and wine, and you have the makings of a fine and quite affordable meal.

Cafe Tati

(Map p68; 213 461 279; http://cafetati.blogspot. com; Rua da Ribeira Nova 36; mains €7-8; ⊗11am-1am Tue-Sun) Opposite the Mercado da Ribeira, Cafe Tati has undeniable charm amid its smattering of well-lit stone-arched rooms with stencilled walls. Along with inventive tostas (Parma ham and raclette) and salads (goat cheese and green apple), four changing daily specials round out the menu and feature the likes of fluffy quiche and chicken with ratatouille. Live jazz and jam sessions, held several nights a week, bring in a festive, alternative crowd.

Povo

PORTUGUESE €

(Map p68; Rua Nova do Carvalho 32; small plates €4-8; @ noon-2am Tue-Sat, 6pm-1am Sun & Mon) On bar-lined Rua Nova do Carvalho, Povo serves up tasty Portuguese comfort food in the form of *petiscos* (small plates). Try the favinhas e chourico (fava beans with chorizo), salada de polvo (octopus salad) or camarão ao alhinho (garlic prawns). There's also outdoor seating and live fado nights (Thursdays are best).

Green Room

INTERNATIONAL €

(Map p68; Rua Cais do Sodré 16; mains €7.50; ⊗ 11am-midnight Mon-Sat, to 8pm Sun;
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⊅
) This American-run cafe and restaurant serves an eclectic, reasonably priced menu that changes weekly. Jambalaya, Cajun chicken salad, Moroccan couscous and vegan pizza with roasted pumpkin are recent hits, and there are always vegetarian options. You can eat at sidewalk tables outside. though to beat the traffic noise, head inside to the cosy, brick vaulted interior, which also makes a fine setting for an afternoon pickme-up. Big breakfasts available.

Taberna Tosca

TAPAS €€

(Map p68; 218 034 563; Praça São Paulo 21; tapas €7-8; ⊗ noon-midnight Mon-Thu, to 2am Fri, from 3pm Sat) A peaceful retreat from the nearby mayhem on Rua Nova do Carvalho.

Taberna Tosca is an enticing spot for Portuguese tapas and bold reds from the Douro. Open-air seating is on the leafy plaza (Praça São Paulo) in front, opposite an 18th-century church, all of which makes it feel like a hidden corner of Lisbon.

Príncipe Real, Santos & Estrela

Elegant Príncipe Real, with its peaceful streets and leafy plazas, has a mix of charming outdoor cafes and locally loved restaurants. Santos, closer to the waterfront, has some innovative, beautifully designed dining rooms currently in vogue with Lisbon's style set.

Poison d'Amour

(Map p76; Rua da Escola Politécnica 32; pastries €2-3;

10am-8pm Tue-Fri, 9am-8pm Sat & Sun) Poison d'Amour is an elegant cafe and patisserie with a glittering display counter of tarts, macaroons, almond croissants and other temptations. You'll also find a good tea selection, wines and champagne cocktails, light lunches (sandwiches, quiches) and a pleasant terrace-garden in the back.

★ Taberna Ideal

FUSION €€ (Map p76; 213 962 744; Rua da Esperança 112; ner Sun) In a cosy, atmospheric dining room, Taberna Ideal wows diners with flavourful dishes that blend Alentejan recipes with a modern edge. The inventive menu changes daily and features plates designed for sharing. Recent favourites include goat cheese, honey and rosemary bruschetta; braised pork; scrambled eggs with game sausage; and chestnut pastries filled with mushrooms. Reserve ahead. Cash only.

Petiscaria Ideal

FUSION €€ (Map p76; 213 971 504; Rua da Esperança 100; small plates €9-11; ⊗ dinner Tue-Sat) This small buzzing spot serves up delicious fare - octopus with tomato sauce and sweet potatoes. black sausage with apple puree, and soft polenta with clams followed by chocolate cake with fresh cream and wild berries. Dining is at long communal tables, and there's a spirited rock-and-roll vibe to the place.

Tasca da Esquina

FUSION €€ (210 993 939; Rua Domingos Segueira 41; mains €15-20, lunch specials €9, tapas €6-9; ⊗ lunch Tue-Sat, dinner Mon-Sat) Headed by celebrated chef Vitor Sobral, the 'tavern on the corner' serves rich and inventive dishes featuring classic Portuguese ingredients. It's a small place, with a sizzling grill in front and a cheery sunroom where well-dressed diners fill the tables most days. *Petiscos* (tapas) and multi-course tasting menus are a good way to sample a variety of dishes.

Bebel Bistro

FUSION €€

(Map p76; 213 952 639; Rua de São Bento 107; mains €7-16;
⊗ 8.30am-8pm Mon-Wed, to 11pm Thu & Fri, 11.30am-3pm Sat & Sun) Facing the Portuguese parliament building, Belgian-owned Bebel Bistro serves up a mix of European dishes in a relaxed atmosphere with vintage furnishings. Mussels and fries, rice with razor clams, turkey cutlets, and dessert crepes are among the varied offerings.

Nova Mesa

CAFE €

FUSION €€

(Map p76; 213 966 287; Rua Marcos Portugal 1; 3-course lunch/dinner €14/24; ⊗ lunch & dinner Tue-Sat, lunch Sun) Overlooking the peaceful Praça das Flores, Nova Mesa serves innovative world cuisine, including curry with scallops and prawns, duck with sweet potato. and chicken samosas. Nearby are several other cafe terraces facing the plaza.

Terra VEGETARIAN €€

(Map p76; 213 421 407; Rua da Palmeira 15; buffet €13-16; ⊗ lunch & dinner Tue-Sun; 📝) 🕖 Vegetarians sing the praises of Terra for its superb buffet (including vegan options) of salads, kebabs and curries, plus organic wines and juices. A fountain gurgles in the tree-shaded courtyard, lit by twinkling lights after dark.

Alma CONTEMPORARY, PORTUGUESE €€€

(Map p76: 213 963 527: Calcada Marquês de Abrantes 92; 3-course menu €38; ⊕ dinner Tue-Sat) Henrique Sá Pessoa, one of Portugal's most talented chefs, consistently receives stellar reviews for the nouveau Portuguese cuisine he so masterfully prepares at this stylish, allwhite restaurant in Santos. The multicourse tasting menus provide excellent value for money and the service is first-rate.

Doca de Alcântara

There's a string of waterfront restaurants around the Doca area, near the grating noise of traffic on Ponte 25 de Abril (Map p78; Doca de Santo Amaro). Take a stroll to see what takes your fancy. After dark, the riverfront switches into party mode.

WORTH A TRIP

CACILHAS

This sleepy seaside suburb lies just across the Rio Tejo from the capital. Its star attraction – visible from almost everywhere in Lisbon – is 110m-high Cristo Rei. Perched on a pedestal, the statue of Christ with outstretched arms is a slightly more baroque version of Rio de Janeiro's Christ the Redeemer. It was erected in 1959 to thank God for sparing Portugal from the horrors of WWII. A lift (summer/winter €5/4; ⊕9.30am-6.30pm) zooms you up to a platform, from where Lisbon spreads magnificently before you. It's a fantastic place for photos. To reach the statue from Cacilhas, take bus 101 (€1.35).

Lisboêtas also flock to Cacilhas for the cervejarias (beer halls) serving fresh seafood, refreshing brews and fine views of the sun setting over the river.

Near the ferry terminal, Cervejaria O Farol (2212 765 248; Largo Alfredo Dinis 1; mains around €14, seafood platter for two €45; ⊕ 10am-midnight) is a buzzy haunt that cooks crustaceans, including garlicky clams and shrimps, to finger-licking perfection.

A 15-minute stroll along the waterfront brings you to **Ponto Final** (212 760 743; Cais do Ginjal 72; mains €12-18; ⊕ noon-11pm Wed-Mon). The grilled fish, codfish cakes and monkfish rice are quite good, though the view from the outdoor tables along the river's edge is the real star. It's also a great spot for sunset drinks.

Ferries to Cacilhas (€1.20, 10 minutes, 5.40am to 1.20am) run frequently from Lisbon's Cais do Sodré.

Doca Peixe

SEAFOOD €€€

(Map p78; 213 973 565; Doca de Santo Amaro; mains €15-30; ⊗ lunch & dinner Tue-Sun) Famous for market-fresh seafood, Doca Peixe is practically under Ponte 25 de Abril. Sayour lemony oysters or cod with clams on the terrace.

Rato, Marquês de Pombal & Saldanha

Head north of the centre to splurge at some of Lisbon's top restaurants.

Velocité

CAFE €

(Map p80; Av Dugue de Ávila 120; mains €4.20-6.50; ⊕ 10am-8pm;
→) One for the bike lovers, Velocité is perfectly sited off a bike path. Stop in for healthy salads (pear and gorgonzola; feta and quinoa), soups, tostas, burgers and veggie burgers. There's outdoor seating and a bright, open interior. Bike hire is available (per hour/day €5/15).

Cinemateca Portuguesa

CAFE € (Map p80; Rua Barata Salgueiro 39; mains €6-8; ⊕ 1-11.30pm Mon-Fri, from 2.30pm Sat) Hidden on the 2nd floor of the indie-loving cinema.

this bright, wood-filled cafe with its sunny terrace makes a fine retreat for an afternoon or evening pick-me-up. The menu features light snacks, drinks and daily specials.

Versailles

(Map p80; 213 546 340; Av da República 15A; pastries €2-4; ⊗ 7.30am-10pm) With a marble chandelier and icing-sugar stucco confection, this sublime patisserie is where wellcoiffed ladies come to devour cream cakes (or scones with jam) and gossip.

(Map p80; 218 821 392; Rua Julio Andrade 3; mains €6-10; ⊗ noon-10pm Tue-Sat, to 4pm Sun) Near the leafy Campo Mártires park above Av da Liberdade, this Galician cultural centre has a little-known restaurant that serves up tender polvo à lagareiro (octopus with potatoes), peixe espada grelhado (grilled swordfish), paella and tapas plates

to fine views. The peaceful courtyard is a re-

Os Tibetanos

Xuventude de Galicia

laxing spot for a coffee.

VEGETARIAN €

PORTUGUESE, SPANISH €

(Map p80; 213 142 038; Rua do Salitre 117; daily special €8; ⊗ lunch & dinner Mon-Sat; 🗷) Part of a Tibetan Buddhism school the mantra here is fresh vegetarian food, with daily specials such as quiche and curry. Sit in the serene courtyard if the sun's out and save room for rose-petal ice cream.

Mezzaluna

(Map p80; 213 879 944; Rua Artilharia Um 16; mains €16-20: unch Mon-Fri. dinner Mon-Sat) Run by a Neopolitan chef who grew up in New York, Mezzaluna prepares beautifully turned-out dishes that blend classic Italian recipes with mouthwateringly fresh Portuguese ingredients. Start off with tender carpaccio or endive leaves wrapped in prosciutto, parmesan and ginja (cherry brandy) reduction, before moving on to linguine with octopus or pan-seared duck breast with prune sauce.

Jesus é Goês

INDIAN €€

(Map p80; 211 548 812; Rua de São José 23; mains €10-15; ⊗ noon-3pm & 7-11pm Mon-Sat) Inside one of Lisbon's best Indian restaurants, jovial chef Jesus Lee whips up South Indian delicacies with a contemporary twist. Rice sack tablecloths and colourful murals by Mario Belém (note the playful blend of Christian-Hindu imagery: ie Ganesh with crown of thorns) set the scene for feasting on shrimp samosas, crab with coconut, and goat with 11 spices - followed by date samosas with ginger and cardamom ice cream for dessert.

Don't miss creative cocktails like the gin à Jesus, a beautifully reimagined gin and tonic with basil, rosemary, fennel seeds and pink tonic water made from Indian peppers. Reserve ahead.

Cervejaria Ribadouro

SEAFOOD €€

(Map p80: 213 549 411: Rua do Salitre 2: mains €11-20, prawns/lobster per kg from €41/76; Slunch & dinner) Bright, noisy and full to the gills, this bustling beer hall is popular with the local seafood fans. The shellfish are plucked fresh from the tank, weighed and cooked to lip-smacking perfection.

Zé Varunca

PORTUGUESE €€

(Map p80; Rua de São José 54; mains €10-14; Slunch & dinner Mon-Sat) Zé is a small, rustically decorated, charming restaurant specialising in Alentejan cuisine, with regional favourites such as roast pork with clam sauce, gazpacho with fried fish, and migas de bacalhau (a bread-based dish cooked with cod).

*Ramiro

SEAFOOD €€€

(Av Almirante Reis 1; seafood per kg around €40-80; @noon-3pm & 7.30pm-midnight Tue-Sun) Opened in 1956, Ramiro has a legendary status among Lisbon's seafood lovers. Here you can feast on rich plates of giant tiger prawns, percebes (goose barnacles), lobster, crab and clams - and a juicy steak sandwich for non-pescatarians. Despite the high prices, the atmosphere is bustling and informal, with garrulous crowds quaffing more beer than wine. Ramiro doesn't take reservations, so arrive early and prepare to queue.

Selém

Antiga Confeitaria de Belém PATISSERIE € (Map p82: 213 637 423: Rua de Belém 86-88: pastries €1.05; ⊗8am-11pm) Since 1837 this patisserie has been transporting locals to sugar-coated nirvana with heavenly pastéis de belém: crisp pastry nests filled with custard cream, baked at 200°C for that perfect golden crust, then lightly dusted with cinnamon. Admire *azulejos* in the vaulted rooms or devour a still-warm tart at the counter and try to guess the secret ingredient. Go

Pão Pão Queijo Queijo

early midweek to beat the crowds.

CAFE €

(Map p82: 213 626 369: Rua de Belém 124: 8am-8pm Sun; 2) Join the snaking queue for Belém's tastiest falafel (both hands required), sardine baguettes and Mexican salads.

Bem Belém

PORTUGUESE €

(Map p82; Rua Vieira Portuense 72; mains €8-12; sunny patio facing the park is a magnet for lunchtime crowds, who refuel over generous portions of chargrilled sardines and other Portuguese classics.

Este Oeste

INTERNATIONAL €

(Map p82: Centro Cultural de Belém, Praca do Império; mains €9-11; ⊗ 10am-11pm Tue-Sun; 🗷) This strange hybrid manages to bridge east (este) and west (oeste) surprisingly well, with tasty thin-crust pizzas fired up in the geometric oven and an inviting sushi display at the other end of the front counter. There's an airy interior, patio seating and a grassy lawn where kids frolic and adults lounge about Behind the restaurant is a cafe.

Nosolo Italia

ITALIAN €€

(Map p82; Av de Brasília 202; mains €10-14; 💮 noon-10pm) This bustling eatery, with outdoor tables perched over the water, has a big menu of pizzas, pastas, salads and crepes; there's also a popular ice-cream counter.

Enoteca de Belém

PORTUGUESE, WINE BAR €€ (Map p82; 213 631 511; Travessa do Marta Pinto

10; mains €12-17; ⊕1-11pm Tue-Sun) Tucked down a quiet lane just off Belém's main thoroughfare, this wine bar serves tasty Portuguese classics (try the octopus or the grilled Iberian pork), matched by an excellent selection of full-bodied Douro reds and refreshing Alentejan whites. The atmosphere is a mix of elegance (artwork, bottle-lined walls) and casual (soundless football playing on the TV).

A Margem

FUSION €€

(☑918 225 548; Doca do Bom Sucesso; salads €10-14; ⊗10am-1am) Well-sited near the river's edge, this small sun-drenched cube of glass and white stone boasts an open patio and large windows facing the Tejo. Locals come for fresh salads, cheese plates, bruschetta and other light bites that go nicely with wine and other drinks. Sunglasses are essential. To get here, follow the river's edge 200m west from the Padrão dos Descobrimentos.

Feitoria

CONTEMPORARY, PORTUGUESE €€€

(Map p82; 210 400 200; Altis Belém Hotel, Doca do Bom Sucesso; mains €34-42; unch Tue-Fri, dinner Tue-Sat) José Cordeiro serves decadent, seasonally inspired masterpieces at this Michelin-starred restaurant overlooking the riverfront. Rich textures and mouthwatering flavours feature in dishes like roasted *cantaril* (redfish) and crispy squid stuffed with crab and green-pea texture, and oven-roasted partridge with chestnut purée and wild mushrooms. Excellent wines.

N

Parque das Nações

Many of the waterfront cafes and restaurants have outdoor seating and do double duty as pulsating bars after dark.

GINJINHA BARS

Come dusk, the area around Largo de São Domingos and the adjacent Rua das Portas de Santo Antão buzzes with locals getting their cherry fix in a cluster of ginjinha bars. A Ginjinha (p106) is famous as the birthplace of the sugary sweet tipple thanks to a quaffing friar from Igreja Santo Antonio who revealed the secret to an entrepreneurial Galician by the name of Espinheira. Order your €1 ginjinha sem (without) or - our favourite - com (with) the alcohol-soaked cherries. Other postage-stamp-sized bars nearby include Ginjinha Sem Rival (Map p64; Rua Portas de Santo Antão 61; 7ammidnight) and Ginjinha Rubi (Map p64; Rua Barros Queirós 27; 97am-midnight; underground rail Rossio).

Art Cafe

CAFE €

(Alameda dos Oceanos; light meals €4-7; ⊕10am-8pm Mon-Sat; ♠2) Scarlet walls and vibrant paintings give this high-ceilinged cafe an arty feel. It's a relaxed spot for a *bica* or light bites such as quiches, salads and sandwiches. The terrace in the back has fine Tejo views. It's near the Oceanário.

Arrigato

JAPANESE €€€

(218 967 132; Alameda dos Oceanos; lunch/dinner buffet €16/21; ⊗ lunch & dinner Mon-Sat) Blonde wood and clean lines define this gallery-style restaurant. The buffet has an excellent variety of flavourful sushi and sashimi, and there's outdoor dining when the weather is nice.

è

Drinking & Nightlife

Late-night street parties in Cais do Sodré and Bairro Alto, sunset *ginjinhas* on Rossio's sticky cobbles, drinks with indie kids in Santa Catarina – Lisbon has one of Europe's most eclectic nightlife scenes.



Baixa & Rossio

Bar Trobadores

BAR

(Map p64; Rua de São Julião 27; ⊙5pm-2am Mon-Sat) In nightlife-starved Baixa, Bar Trobadores harks back to the Middle Ages with a candle-lit interior, solid wood tables and low-hanging iron chandeliers. There's live music most weekends (minstral-inspired groups, Celtic, fado) and a good beer selection (including Duvel, Chimay and other Belgian brews).

Rooftop Bar

BAR

(Map p64; Hotel Mundial, Praça Martim Moniz 2; ⊗ 5.30-11.30pm) Grab a table at sundown on the Hotel Mundial's roof terrace for a sweeping view of Lisbon and its hilltop castle. Its backlit bar, white sofas and ambiant sounds (plus live jazz on Thursday nights in summer) set the stage for evening drinks and sharing plates.

Bar Rossio

BAR

(Map p64; Altis Avenida Hotel, Rua 1 Dezembro 120; ⊗ 7am-lam) A terrific rooftop spot for an afternoon coffee or drinks as the city lights begin to glow.

A Ginjinha

RΔR

(Map p64; Largo de Saõ Domingos 8; ⊗ 9am-10pm) Hipsters, old men in flat caps, office workers and tourists all meet at this microscopic ginjinha bar for that moment of cherrylicking, pip-spitting pleasure their euro buys. Watch the owner line 'em up at the bar under the beady watch of the drink's 19thcentury inventor, Espinheira. It's less about the grog, more about the event.

Primeiro Andar

(Map p64; Rua das Portas de Santo Antão 110, Ateneu Comerical de Lisboa; @3pm-1am Mon-Fri, 7pm-2am Sat) Although it's right above a touristy pedestrian street, this delightful cafe and bar remains well-concealed from the masses. To get there, take the small alley about 30m south of the Ateneu Comerical de Lisboa building, go to the end and head inside the dark entrance. Don't be shy, it's a welcoming, laid-back place, good for a pickme-up in the afternoon (or an inexpensive meal) and drinks with friends by night.



Chiado & Bairro Alto

Bairro Alto is like a student at a house party: wasted on cheap booze, flirty and everybody's friend. At dusk, the nocturnal hedonist rears its head with bars trying to out-decibel each other, hash-peddlers lurking in the shadows and kamikaze taxi drivers forcing kerbside sippers to leap aside. For a more sophisticated and more artistically minded crowd, head a few blocks south to Bica.

Noobai Café

(Map p76; Miradouro de Santa Catarina; ⊕ noon-10pm Tue-Thu, to midnight Fri & Sat, to 8pm Sun) Great views, winning cocktails and a festive crowd make Noobai a popular draw for a sundowner. Though it's next to Miradouro de Santa Catarina, most people don't realise this bar is here until they descend the steps and a terrace unfurls before them. The vibe is laid-back, the music is funky jazz and the views over the Tejo are magical.

Alfaia Garrafeira

WINE BAR (Rua Diário de Noticias 125; 2pm-1am Mon-Fri, from 4pm Sat & Sun) This cosy spot with outdoor tables serves a decent selection of wine and tapas plates ($\notin 4$ to $\notin 7$), making it a good pre-dinner spot. Skip the lacklustre restaurant of the same name across the street.

Bairro Alto Hotel

(Map p68; 213 408 288; Praça Luís de Camões 2; ⊕12.30pm-midnight) Rise in the gold-mesh lift to the 6th floor of Bairro Alto Hotel for sundowners and dazzling views over the rooftops to the river. It's a smart, grown-up lounge for cocktails and conversation as Lisbon starts to sparkle.

Bicaense

BAR

BAR (Map p68; Rua da Bica de Duarte Belo 42a;

⊗ 8pm-2am Tue-Sat) Indie kids have a soft spot for this chilled Santa Catarina haunt, kitted out with retro radios, projectors and comfy armchairs. DJs spin house to the preclubbing crowd and the back room stages occasional gigs. There are lots of other great drinking spots nearby - and it's less of a teenage drinking scene than Bairro Alto.

Maria Caxuxa

(Map p68; Rua da Barroca 6; ⊕ 5pm-2am) Set in a former bakery, Maria Caxuxa has effortless style - its several rooms are decked out with giant mixers, 1950s armchairs and sofas, marble and azulejo-lined walls and incongruous photos. Funk-laden jazz plays overhead, with DJs adding to the eclectic setting.

A Brasileira

(Map p68; Rua Garrett 120-122; ⊗ 8am-2am) All gold swirls and cherubs, this art-deco cafe has been a Lisbon institution since 1905. Sure, it's touristy, but the terrace is brilliant for watching street entertainers beside the bronze statue of poet Fernando Pessoa. Order a bica, which takes its name from A Brasileira's 1905 catchphrase: beba isto com açúcar (drink this with sugar).

Wine Lover

WINE BAR

(Map p68; Rua das Gaveas 38; ⊕ 3pm-midnight Tue-Sun) This festive spot with outdoor seating has a good selection of wines by the glass and tapas plates. Skip the underwhelming restaurant that adjoins the space.

Frágil

BAR

CLUB

(Map p68; 213 469 578; Rua da Atalaia 126; ⊕ 11pm-4am Thu-Sat) In the beginning there was Frágil, Manuel Reis' first love. This small, loud and sweaty club has been rocking Bairro Alto since the 1980s. DJs spin progressive house and electronica to a mixed gay-straight crowd.

Capela

BAR

(Map p68; Rua da Atalaia 45;

8pm-2am Mon-Sat) Once a Gothic chapel, today Capela's gospel is an experimental line-up of electronica and funky house. Get there early (before midnight) to appreciate the DJs before the crowds descend. Frescos, Renaissance-style nude murals and dusty chandeliers add a boho-chic touch.

CLUBBING TIPS

Superstar DJs heating up dance floors at clubbing temples such as Lux (p109) have put Lisbon firmly on Europe's must-party map. Sleep is overrated in a city where locals don't even think about showing up at a club before 2am.

Though getting in is not as much of a beauty contest as in other capitals, you'll stand a better chance of slipping past the fashion police if you dress smartish and don't rock up on your lonesome. Most clubs charge entry (around €5 to €20, which usually includes a drink or two), and some operate a card-stamping system to ensure you spend a minimum amount. Many close Sunday and Monday.

Maiong

(Map p68; Rua da Atalaia 3) Long-time favourite Majong oozes shabby chic with cabbageshape lights, deep-red walls and school chairs. Mojitos flow as DJs spin minimalist techno, rock and reggae.

Portas Largas

(Map p68; 218 466 379; Rua da Atalaia 105) Once a tasca, this Bairro Alto linchpin retains original fittings including black-and-white tiles, columns and porticos. It throws open portas largas (wide doors) to a mishmash of gays, straights and not-sures, who spill onto the cobbles with zingy caipirinhas. Live bands most weekends.

Old Pharmacy

WINE BAR midnight) True to name, this dimly lit space was once a pharmacy, its backlit built-in cabinets lined with the diverse wines of Portugal. There are dozens of wines to choose from (and good staff recommendations), plus appetisers, outdoor seating, and a more grown-up vibe than most other Bairro Alto spots. A glass starts at €2.20.

Solar do Vinho do Porto

(Map p68; 213 475 707; Rua São Pedro de Alcântara 45:

11am-midnight Mon-Fri, from 2pm Sat) The glug, glug of a 40-year-old tawny being poured is music to port-lovers' ears. Part of an 18th-century mansion, the low-lit. beamed cavern is ideal for nursing a glass of Portugal's finest.

Club Carib

(Map p68; Rua da Atalaia 78; 96pm-2am daily) A dance-loving crowd flocks to Carib, drawn by DJs spinning a dizzying variety of world beats - Afro-Cuban jazz, Brazilian MPB and samba, African funk, salsa, tango and more.

Associação Loucos & Sonhadores

(Map p64; Travessa do Conde de Soure 2; ⊗ 10pm-2am Mon-Sat) Though it's in Bairro Alto, this bohemian drinking den feels secreted away from the heaving masses on nearby streets. Kitschy decor, free (salty) popcorn and eclectic tunes - it's a great place for conversation rather than pounding shots.

Bedroom

BAR

(Map p68; Rua do Norte 86) It might be a bedroom, but these beauties aren't sleeping. Join them on the dance floor for electro and hip hop, or recline on the beds in the lounge shimmering with gold wallpaper and chandeliers.

Alfaia Garrafeira

WINE BAR

1am Mon-Fri, from 4pm Sat & Sun) On a quiet stretch of Bairro Alto, this tiny wine shop and charcuterie serves wines by the glass as well as cheeses and smoked meats. Arrive early to score one of the few wine-cask tables in front

Café Suave

(Map p68; Rua do Diário de Notícias 6) A laid-back spot that attracts a mix of foreigners and locals, with decent grooves. It's a good place to start off the night.

Artis WINE BAR

(Map p68: Rua Diário de Notícias 95:

4.30pm-2am Tue-Sun) Down a few steps from street level, Artis is a warmly lit place with old wood details, a jazzy soundtrack and an excellent selection of wines by the glass or bottle. Nicely turned out petiscos (appetisers) add to the appeal, with Galician-style octopus, flambéed Portuguese sausage and mixed cheese platters.

Alface Hall

LIVE MUSIC

(Map p68; Rua do Norte 96; ⊗ noon-midnight) With one wall covered in LPs, a pair of barbershop chairs (?) and a tiny stage, there's an old-time feel to this jazz and blues bar in Bairro Alto. Free concerts happen nightly at 9pm: blues from Monday to Wednesday, jazz on Thursday to Sunday.

Príncipe Real, Santos & Estrela

Just north of Bairro Alto, Príncipe Real is the epicentre of Lisbon's gay scene (see boxed text, p111) and home to some quirky drinking dens.

Pavilhão Chinês

LOUNGE

(Map p64; Rua Dom Pedro V 89-91; © 6pm-2am daily) Pavilhão Chinês is an old curiosity shop of a bar with oil paintings and model spitfires dangling from the ceiling, and cabinets brimming with glittering Venetian masks and Action Men. Play pool or bag a comfy armchair to nurse a port or beer. Prices are higher than elsewhere, but such classy kitsch doesn't come cheap.

Cinco Lounge

LOUNGE

(Map p76; Rua Ruben António Leitão 17; ⊗ 9pm-2am) Take an award-winning London-born mixologist, add a candlelit, gold-kissed setting and give it a funky twist – *et voilà* – you have Cinco Lounge. Come here to converse and sip legendary cocktails.

Incógnito

CLUB

(Map p76; Rua dos Polais de São Bento 37; 😌 11pm-4am Thu-Sat) No-sign, pint-sized Incógnito offers an alternative vibe and DJs thrashing out indie rock and electropop. Sweat it out with a fun crowd on the tiny basement dance floor, or breathe more easily in the loft bar upstairs.

Intendente

Casa Independente

BAR

(Largo do Intendente 45; ⊗ Ilam-midnight Tue-Thu, to 2am Fri & Sat) There's always something going on at this creative space overlooking a sleepy plaza just north of Largo Martim Moniz. You can wander through rooms looking at strange and curious artwork, join the smokers on the plant-filled back patio, or nurse drinks in quiet corners of this rambling old space. Bands play on weekends (you can't miss the photogenic tiger that dominates the stage), and you can also pop by in the day for snacks and coffee.

Alfama, Castelo, GraçaSanta Apolónia

Alfama and Graça are perfect for a relaxed drink with a view.

Lux

(www.luxfragil.com; Avenida Infante Dom Henrique, Santo Apolónia; ⊗10pm-6am Tue-Sat) Lisbon's ice-cool, must-see club, Lux is run by ex-Frágil maestro Marcel Reis and part-owned by John Malkovich. Special but not snooty, Lux hosts big-name DJs spinning electro and house. Grab a spot on the roof terrace to see the sun rise over the Tejo. Style policing is heartwarmingly lax but get here after 4am on a Friday or Saturday and you might have trouble getting in because of the crowds.

Clube Ferroviário

CLUB

(Rua de Santa Apolónia 59; ⊕ 4pm-2am Mon-Sat) Above Santa Apolónia train station, this former social club of Lisbon's railworkers has been transformed into an intriguing nightspot with DJs and occasional concerts; the best feature is the roof terrace with Tejo views.

Bar das Imagens

BAR

(Map p72; Calçada Marquês de Tancos 1; ⊗ noonmidnight Tue-Sun) With a terrace affording vertigo-inducing views over the city, this tiny bar serves potent Cuba libres and other wellprepared cocktails.

Wine Bar do Castelo

WINE BAR

(Map p72; ②218 879 093; Rua Bartolomeu de Gusmão 13; ③noon-10pm) Located near the entrance to the Castelo São Jorge, this laidback wine bar serves more than 150 Portuguese wines by the glass, along with gourmet smoked meats, cheeses, olives and other tasty accompaniments. Nuno, the multilingual owner, is a welcoming host and a fount of knowledge about all things wine-related.

Graça do Vinho

VINF BAR

(Map p72; Calçada da Graça 10; ⊗ 11am-10pm Wed-Mon, til midnight Fri & Sat) A welcome new addition to Graça, this former pharmacy serves up a refreshing variety of wines by the glass (from €3) or bottle (from €7), which go nicely with cheeses, sardines, smoked meats and other appetisers. It's a short stroll downhill from the Miradouro da Graça.

Miradouro da Graça

KIOS

(Map p72; ⊗10am-8pm) There are far reaching vistas from this terrace, with shaded cafe tables, and coffee, beer, wine and snacks.

Portas do Sol

BAR

(Map p72; Largo das Portas do Sol; ⊗11am-midnight) Near one of Lisbon's iconic viewpoints, this spacious sun-drenched terrace has a mix of sofas and white patio furniture on which to sip cocktails while taking in magnificent river views. DJs bring animation to the darkly lit industrial interior on weekends.



Cais do Sodré & Santos

For years Cais do Sodré was the haunt of whisky-slugging sailors craving after-dark sleaze. Then, in late 2011, the district went from seedy to stylish. Rua Nova do Carvalho was painted pink and the call girls were sent packing, but the edginess and decadence on which Lisbon thrives remains. Now party central, its boho bars, live-music venues and burlesque clubs are perfect for a late-night bar crawl.

Music Box

(Map p68; www.musicboxlisboa.com; Rua Nova do Carvalho 24; ⊗11pm-6am Mon-Sat) Under the brick arches on Rua Nova do Carvalho lies one of Lisbon's hottest clubs. The pulsating Music Box hosts loud and sweaty club nights with music shifting from electro to rock,

plus gigs by up-and-coming bands.

Meninos do Rio

OUTDOOR BAR (Map p76; Rua da Cintura do Porto de Lisboa, Armação 255, Santos; noon-2am) Perched on the river's edge, Meninos do Rio has palm trees, wooden decks, reggae-playing DJs and tropical cocktails, giving it a vibe that's more Caribbean than Iberian. It's a great spot at sunset.

Discoteca Jamaica

(Map p68; Rua Nova do Carvalho; ⊕11pm-4am) Gay and straight, black and white, young and old - everyone has a soft spot for this offbeat club. It gets going around 2am at weekends with DJs pumping out reggae, hip hop and retro.

O'Gilins

PUB (Map p68; Rua dos Remolares 10; ⊕ noon-2am

daily) To be sure the best craic in Lisbon, O'Gilins serves Guinness, big-screen sports and live music some nights.

Hennessy's

(Map p68; Rua Cais do Sodré 32-38; ⊗ noon-2am daily) A relaxed Irish pub with banter, occasional live music and Kilkenny on tap.

Lounge LIVE MUSIC

(Map p76; www.loungelisboa.com.pt; Rua da Moeda 1; ⊗10pm-4am Tue-Sun) Little miss popular on the Cais do Sodré circuit, this laid-back indie club is jam-packed and pumping most nights. DJs, live acts and rock gigs are firstrate.

Doca de Alcântara & Doca de Santo Amaro

The dockside duo of Doca de Alcântara and Doca de Santo Amaro harbour wall-to-wall bars with a preclubbing vibe. Many occupy revamped warehouses, with terraces facing the river and the lit-up Ponte 25 de Abril. Most people taxi here, but you can take the train from Cais do Sodré to Alcântara Mar or catch tram 15 from Praça da Figueira.

Op Art Café

CAFE, BAR

(Map p78; Doca de Santo Amaro; ⊕1pm-2am Sun-Thu, to 6am Fri & Sat) Located on the water's edge this slightly hidden glass-and-wood cafe attracts a more laid-back bunch than other Docas bars. On Saturday nights the DJs spin house and lounge until dawn.

Belém Bar Café

LOUNGE

(Av Brasília, Pavilhão Poente; ⊕ midnight-6am Fri & Sat) The self-consciously cool BBC attracts a well-moneyed crowd to its glass-walled lounge bar and terrace with views of Ponte 25 de Abril. DJs fill the dance floor with hip hop and electronica on weekend nights. There's a pricey restaurant attached.

CLUB

PUR

T Entertainment

Lisbon entertains with high culture, experimental art and everything in between. One minute it's sumptuous strings and street theatre in Chiado, the next it's the melancholic soul of fado in Alfama's atmospheric lanes.

For event listings during your stay, grab a copy of the free monthly Follow Me Lisboa from tourist offices. If you speak Portuguese, click onto Time Out Lisboa (http://timeout. sapo.pt), Guia da Noite (www.guiadanoite.com) and Agenda Cultural Lisboa (www.lisboacul tural.pt) for info on performances and screenings; cinema listings can also be found in the daily Diário de Notícias. Tickets are available in a number of outlets: ABEP (Praca dos Restauradores), Fnac (p115) and Ticket Line (210 036 300; www.ticketline.sapo.pt).

Fado

Infused by Moorish song and the ditties of homesick sailors, bluesy, bittersweet fado encapsulates the Lisbon psyche like nothing else. Ask 10 lisboêtas to explain it and each will give a different version. This is because

GAY & LESBIAN LISBON

The gay and lesbian community had much to celebrate in 2010, with the passing of a bill that legalised gay marriage. The big events worth looking out for are **Lisbon Pride** (www.portugalpride.org) in June, and the **Festival de Cinema Gay e Lésbico** (www. queerlisboa.pt) in late September.

The Scene

From camp to cruisy, Praça do Príncipe Real, just north of Bairro Alto, is king of Lisbon's gay and lesbian scene. Most nightclubs, especially Lux (p109), draw a mixed gaystraight crowd. It's worth planning a trip around big events like the **Conga Club Party** (www.facebook.com/congaclubparty), held one Saturday a month at different locations. For more listings, check out *Time Out* (http://timeout.sapo.pt), with a Gay section updated weekly.

Bar 106 (Map p76; № 213 427 373; www.bar106.com; Rua de São Marçal 106; ※ 9pm-2am) Young and fun with an upbeat, preclubbing vibe and crazy events such as Sunday's message party.

Clube da Esquina (Map p68; 2213 427 149; Rua da Barroca 30; ⊕9.30pm-2am Mon-Sat; underground rail Baixa-Chiado) DJs playing hip hop and house to a beautiful and fashionable crowd.

Construction (Map p76; www.constructionlisbon.com; Rua Cecílio de Sousa 84; admission €6; ⊗ midnight-6am Fri & Sat) The top club of the moment has a somewhat industrial design, pumping house music and a dark room.

Finalmente (Map p76; 213 479 923; www.finalmenteclub.com; Rua da Palmeira 38; admission €6; ⊕ midnight-5am) This popular club has a tiny dance floor, nightly drag shows and wall-to-wall crowds.

Purex (Map p68; Rua das Salgadeiras 28; ⊗ 10pm-2am Fri & Sat) One for the girls, this unsigned Bairro Alto spot draws a lesbian and mixed crowd, with DJ nights and a small dance floor

Sétimo Céu (Map p68; Travessa da Espera 54; ⊗10pm-2am Mon-Sat) A mainstay of the Bairro Alto scene, this old-school bar attracts a young and vibrant crowd. Excellent caipirinhas.

Trumps (Map p76; www.trumps.pt; Rua da Imprensa Nacional 104b; admission €10; ⊗ midnight-6am Fri & Sat) Lisbon's hottest gay club with cruisy corners, a sizeable dance floor and events from live music to drag.

fado is deeply personal and explanations hinge on the mood of the moment. Recurring themes are love, destiny, death and the omnipresent *saudade* or 'nostalgic longing'; a kind of musical soap opera.

Though a *fadista* is traditionally accompanied by a classical and 12-string Portuguese guitar, many new-generation stars such as Mariza, Ana Moura and Joana Amendoeira are putting their own spin on the genre, giving it a twist of Cuban *son* or a dash of Argentine tango.

At Bairro Alto's touristy, folksy performances, you'll only be skating the surface. For authentic fado, go to where it was born – Alfama. While wandering the narrow lanes by night you'll be serenaded by mournful ballads

There's usually a minimum cover of €15 to €25 and, as food is often mediocre, it's worth asking if you can just order a bottle of wine. Book ahead at weekends. If you prefer a spontaneous approach, seek out *fado vadio* where anyone can – and does – have a warble.

A Baîuca

(Map p72; ②218 867 284; abaiuca@sapo.pt; Rua de São Miguel 20; ③dinner Thu-Mon) On a good night, walking into A Baîuca is like gatecrashing a family party. It's a special place with *fado vadio*, where locals take a turn and spectators hiss if anyone dares to chat during the singing. The food stops around 10pm but the fado goes on until midnight. Reserve ahead.

FADO

FACTORY OF THE ARTS

Set in a converted 19th-century industrial complex, LX Factory (Map p78; www.lxfac tory.com; Rua Rodrigues de Faria 103, Alcântara) is Lisbon's new hub of creativity. In 2007 some 23,000 sq m of abandoned warehouses were transformed into art studios, galleries, and printing and design companies. Creative restaurants, bars and shops have added to the energy, and today LX Factory is a great spot to check out an alternative side of Lisbon. It's liveliest on weekend nights, though it's also worth stopping by the open-air market (vintage clothes, crafts) held on Sundays from 11am to 7pm. Get there on tram 15 or 18.

Other highlights include the following:

Kiss the Cook (Map p78; www.kissthecook.pt) Offers cooking classes (the chef speaks English).

LX Massagens (Map p78; www.lxmassagens.com A very peaceful setting for a relaxing massage.

Kare Design (Map p78; www.kare-design.com) An imaginative home-design store.

Ler Devagar (Map p78; www.lerdevagar.com) Great bookshop and cosy cafe. Don't miss the wild exhibits on upper floors.

Funky (Map p78;

4pm-4am Tue-Sat) Atmospheric bar with DJs spinning vintage grooves, and occasional live concerts.

Faktory (Map p78; ⊕11pm-5am Fri & Sat) Two-floor club with lounge space (couches beneath chandeliers and tall ceilings) and a dance floor.

FADO

Clube de Fado

(Map p72; ②218 852 704; www.clube-de-fado.com; Rua de São João da Praça; admission €15; ③9pm-2.30am Mon-Sat) Clube de Fado hosts the cream of the fado crop in vaulted, dimly lit surrounds. Big-name *fadistas* performing here include Joana Amendoeira and Miguel Capucho, alongside celebrated guitarists such as José Fontes Rocha. The food is less outstanding, so come for drinks and perhaps appetisers.

Mesa de Frades

(Map p72; 2917 029 436; www.mesadefrades.com; Rua dos Remédios 139a; admission from €15; dinner Wed-Mon) A magical place to hear fado, tiny Mesa de Frades used to be a chapel. It's tiled with exquisite *azulejos* and has just a handful of tables. The show begins around 11pm. Skip the food (which is hit-or-miss) and stick to drinks.

Parreirinha de Alfama

(Map p72; 218 868 209; Beco do Espírito Santo 1; minimum €15; ⊗8pm-2am) Owned by fado legend Argentina Santos, this place offers good food and ambience; it attracts an audi-

ence that often falls hard for the top-quality *fadistas*. Book by 4pm.

Senhor Vinho

FADO

(Map p76; 213 972 681; Rua do Meio á Lapa; minimum €15; 8pm-2am) Fado star Maria da Fé owns this small place, welcoming first-rate fadistas. Even the legendary Mariza has performed here.

Bela FADO

(Map p72; Rua dos Remédios 190; ⊗ 8pm-2am) This spot features live fado on Wednesdays and Sundays, and eclectic cultural fare (poetry readings, jazz nights) on other nights. Unlike most fado houses, you won't have to buy a pricey meal as it's an appetisers-and-drinks kind of place.

Tasca do Jaime

FADO

(Rua da Graça 91; ⊗noon-midnight) This low-key restaurant in Graça hosts authentic, sing-for-your-dinner fado on weekends from about 4pm to 8pm. Decorated with *azulejos* and photos of prominent *fadistas*, it's a tiny space, so arrive early if you want to score a table.

OPERA, BALLET

Adega dos Fadistas

FADO RESTAURANT (Map p72; 211 510 368; Rua dos Remedios; ⊗8pm-2am Thu-Tue) One of the top new fado houses in the Alfama, the Adega dos Fadistas serves up first-rate fado in a medievallike stone-walled dining room. Mains cost around €17, and the added music charge is €10. Shows start at 9pm most nights.

Fado in Chiado

CONCERTS

(Map p68; 213 430 184; Espaço Chiado, Rua da Miséricordia 14: admission €16:

7pm Mon-Sat) Inside a small theatre, the 50-minute nightly shows feature high-quality fado - a male and a female singer and two guitarists - and it is held early so you can grab dinner afterwards.

Alternative Culture

Lisbon may flirt with high culture and embrace fado, but it also has an ongoing relationship with the underdog. Individuality trumps conformity and alternative culture rules in these offbeat cultural centres.

Bacalhoeiro

(Map p64; 218 864 891; http://bacalhoeiro.blog spot.com; 2nd fl, Rua dos Bacalhoeiros 125, Baixa; Nonconformist, laid-back Bacalhoeiro shelters a cosy bar and hosts everything from jazz jams (on Sundays) to rock, blues and funk, plus DJ nights featuring an even wider range of sounds.

Chapitô

THEATRE

(Map p72; **2**18 855 550; www.chapito.org; Costa do Castelo 1-7; noon-2am) Chapitô offers physical theatre performances, with a circus school attached. There's a jazz cafe downstairs with dentist chair decor and live music Thursday to Saturday. Come for the spectacular views and excellent restaurant.

Culturgest

ECLECTIC

(217 905 155; www.culturgest.pt; Rua do Arco do Cego; admission €5-12) Culturgest's experimental and occasionally provocative line-up encompasses exhibitions, dance, poetry, music and theatre.

Cinemas

For blockbusters try the multiplexes in the Complexo das Amoreiras (p116), Centro Comercial Colombo (p116) and Centro Vasco da Gama (www.centrovascodagama.pt) malls. The São Jorge (Map p80; Avenida da Liberdade 175) and, just around the corner, Cinemateca Portuguesa (Map p80; www. cinemateca.pt; Rua Barata Salgueiro 39) screen offbeat, art-house, world and old films.

For details of screen times and venues, visit www.7arte.net.

Music, Theatre & Dance

Teatro Nacional de Dona Maria II (Map p64; 213 250 800; www.teatro-dmaria.pt; Praca Dom Pedro IV) Rossio's graceful neoclassical theatre has a somewhat hit-and-miss schedule due to underfunding. Guided tours on Mondays at 11.30am (€6).

Teatro Nacional de

São Carlos

(Map p68; 213 253 045; www.saocarlos.pt; Rua Serpa Pinto 9) Worth visiting just to see the sublime gold-and-red interior, this theatre has opera, ballet and theatre seasons. The summertime Festival ao Largo (p86) features free outdoor concerts on the plaza facing the theatre.

Teatro Municipal de São Luiz OPERA, BALLET (Map p68: 213 257 640: www.teatrosaoluiz.pt: Rua António Maria Cardosa 38) This venue stages opera, ballet and theatre.

Teatro Taborda

THEATRE

(Map p72; **≥** 218 854 190; www.teatrodagaragem. com; Costa do Castelo 75; @) This cultural centre shows contemporary dance, theatre and world music. It also has spectacular views from its cafe-restaurant.

Teatro da Trindade

THEATRE

(Map p68; **≥** 213 420 000; http://teatrotrindade. inatel.pt; Largo da Trindade 7) This early-20th-century gem stages an assortment of national and foreign productions.

Centro Cultural de Belém

(CCB; Map p82; 213 612 627; www.ccb.pt; Praca do Império) CCB presents a diverse program spanning experimental jazz, contemporary ballet, boundary-crossing plays and performances by the Portuguese Chamber Orchestra.

Coliseu dos Recreios

CONCERT HALL

(Map p64; 213 240 580; www.coliseulisboa.com; Rua das Portas de Santo Antão 96) This concert hall stages big-name concerts, theatre, dance and opera. The recent roll-call has included David Byrne, Gilberto Gil and the Foals.

Fundação Calouste

Gulbenkian

CLASSICAL MUSIC

(Map p80; 217 823 700; www.musica.gulben kian.pt; Av de Berna) Home to the Gulbenkian Orchestra, this classical-music heavyweight stages first-rate concerts and ballets.

Hot Clube de Portugal

(Map p80; 213 619 740; www.hcp.pt; Praça da Alegria 48) As hot as its name suggests, this small, poster-plastered cellar has staged topdrawer jazz acts since the 1940s.

Onda Jazz Bar

(Map p72; www.ondajazz.com; Arco de Jesus 7, Alfama; @8pm-2am Tue-Sat) This vaulted cellar features a menu of mainstream jazz, plus more-eclectic beats of bands hailing from Brazil and Africa. Don't miss Wednesday's free jam session (10.30pm).

Zé dos Bois

LIVE MUSIC (Map p68; **2** 213 430 205; www.zedosbois.org; Rua da Barroca 59, Bairro Alta; 97pm-2am) Focusing on tomorrow's performing arts and music trends, Zé dos Bois is an experimental venue with a graffitied courtyard, and an eclectic line-up of theatre, film, visual arts and live music. The boho haunt has welcomed bands such as Black Dice and Animal Collective to its stage.

Football

Lisboêtas are mad about football. It's hardly surprising given that the capital is home to two of Portugal's 'big three' clubs - SL Benfica and Sporting Clube de Portugal.

The season runs from September to mid-June, with most league matches on Sunday;

CATWALK QUEENS

Make way for Lisbon's trio of catwalk queens, revamping wardrobes with their majestic collections:

Ana Salazar (Map p68; 213 472 289: Rua do Carmo 87; \$\infty\$ 10am-7pm Mon-Sat) Ana's sassy, feminine styles reveal a passion for stretchy fabrics, bold prints and earthy hues. Her flagship boutique, with a striking arched glass ceiling, is in the heart of Chiado.

Fátima Lopes (Map p68; **≥** 213 240 546; www.fatima-lopes.com; Rua da Atalaia 36) Divas love Fátima's immaculate collection of figure-hugging, Latin-inspired threads - from slinky suits to itsy-glitzy prom dresses and hot-pink ball gowns.

Lena Aires (Map p68; 213 461 815; www.lena-aires.com; Rua da Atalaia 96) Lena's funky Bairro Alto boutique brims with citrus-bright knits and fresh-faced fashion.

check details in the papers (especially Bola, the daily football paper) or ask at the tourist office. Tickets cost about €23 to €55 at the stadium on match day or, for higher prices, at the ABEP ticket agency (p110).

Estádio da Luz

JAZZ

STADIUM

(217 219 555; www.slbenfica.pt) SL Benfica plays at this 65,000-seat stadium in the northwestern Benfica district. The nearest metro station is Colégio Militar-Luz. The 2014 Champions League Final is scheduled to take place here.

Estádio José de Alvalade

STADIUM

(Rua Prof Fernando da Fonseca) Just north of the university, this state-of-the-art 54,000-seat stadium hosts Sporting Clube's matches. Take the metro to Campo Grande.

Shopping

Le freak, c'est retro chic in grid-like Bairro Alto, attracting vinyl lovers and vintage devotees to its cluster of late-opening boutiques. Alfama, Baixa and Rossio have frozenin-time stores dealing exclusively in buttons and kid gloves, tawny port and tinned fish. Elegant Chiado is the go-to place for highstreet and couture shopping to the backbeat of buskers.



Baixa & Rossio

Conserveira de Lisboa

FOOD

(Map p64; 218 864 009; Rua dos Bacalhoeiros 34; ros (cod-vessel street) lies a store dedicated wholly to tinned fish, and whose walls are clad in a mosaic of retro wrappings. An elderly lady and her son tot up on a monstrous old till and wrap purchases in brown paper.

Discoteca Amália

MUSIC

(Map p64; 213 421 485; Rua de Áurea 272; ⊗ 10am-7pm Mon-Sat) This shrine to fadista Amália Rodrigues stocks an excellent range of fado and classical CDs.

Papabubble

(Map p64; Rua da Conçeição 117; ⊕10am-7pm Mon-Sat) Papabubble makes and sells oldfashioned hard candy in a variety of classic and creative flavours (including passionfruit, kiwi and aniseed). Kids might enjoy seeing the candymakers in action behind the counter.

Silva & Feijó

FOOD

(Map p64; Rua dos Bacalhoeiros 117; ⊗10am-lpm & 2.30-7pm Mon-Sat) Planning a picnic? Stop by this beamed store for sheep's cheese from the Seia mountains, sardine pâté, rye bread, salsichas (sausages) and other Portuguese goodies.

Amatudo

CRAFT

(Map p64; Rua da Madalena 76; ⊗ 10.30am-7.30pm Mon-Sat) This is a one-stop shop for nonkitschy Portuguese gifts like Tricana sardines, beautifully packaged Confiança soaps, 3D Belém or tram puzzles, and humorous takes on the Barcelos cockerel.

Santos Oficios

HANDICRAFTS

(Map p64; Rua da Madalena 87; ⊗10am-8pm Mon-Sat) If you have always fancied a handembroidered fado shawl, check out this brick-vaulted store. Santos is a must-shop for Portuguese folk art including Madeira lace, blingy Christmas decorations and glazed earthenware.

Outra Face da Lua

VINTAGE

(Map p64; Rua da Assunção 22; ⊙10am-7.30pm Mon-Sat; ⑤) Vintage divas make for this retro boutique in Baixa, crammed with puff ball dresses, lurex skirts and wildly patterned '70s shirts. Jazz and electronica play overhead. Revive over salads, sandwiches, cocktails and cosmic iced tea at the in-store cafe.

Napoleão

WINE, PORT

(Map p64; 2218 861 108; Rua dos Fanqueiros 70; ⊕9.30am-8pm Mon-Fri, noon-7pm Sat) This friendly, English-speaking cellar is the go-to place for Portuguese wines and ports, with hundreds of bottles to choose from. Ships worldwide.

Azevedo Rua

CLOTHING

(Map p64; 2213 427 511; Praça Dom Pedro IV 73; ⊗ 10am-7pm Mon-Fri, 10am-noon Sat) Lisbon's maddest hatters have been covering bald spots since 1886. Expect old-school service and wood-panelled cabinets full of flat caps and Ascot-worthy headwear.

Manuel Tavares

FOOD, WINE

(Map p64; ②213 424 209; Rua da Betesga 1A; ③10am-7pm Mon-Sat) For a lingering taste of Lisbon, nip into this wood-fronted store, which has been tempting locals since 1860 with *pata negra* (cured ham), pungent cheeses, *ginjinha*, port and other Portuguese treats.

Chiado

Vida Portuguesa

OIET

(Map p68; Rua Anchieta 11; ⊗10am-8pm Mon-Sat, from 11am Sun) A flashback to the late 19th century with its high ceilings and polished cabinets, this store lures nostalgics with all-Portuguese products from retro-wrapped Tricona sardines to lime-oil soap and Bordallo Pinheiro porcelain swallows.

Fábrica Sant'Ana

HANDICRAFTS

(Map p68; Rua do Alecrim 95; ⊗ 9.30am-7pm Mon-Fri, 10am-2pm Sat) Hand-making and painting azulejos since 1741, this is the place to get some eye-catching porcelain tiles for your home.

Story Tailors

CLOTHING

(Map p68; 2213 432 306; Calçada do Ferragial 8; ⊗ noon-8pm Tue-Sat) Luís Sanchez and João Branco bewitch with floaty, feminine polkadot, gingham and ruffle designs at their enchanted forest of fashion, bedecked with a hanging swing, chandeliers and gnarled wood.

Livraria Bertrand

BOOKS

(Map p68; ②213 421 941; Rua Garrett 73; ⊗9am-10pm Mon-Sat, 11am-8pm Sun) Amid 18th-century charm, Bertrand has excellent selections, including titles in English, French and Spanish.

Fnac

BOOKS, MUSIC

(Map p68; \supseteq 213 221 800; www.fnac.pt; Armazéns do Chiado, Rua do Carmo 3; \odot 10am-10pm) One of the city's biggest book and music stores.

Armazéns do Chiado

MALL

(Map p68; Rua do Carmo 2; ⊗10am-11pm) Fashion, books, music and cosmetics in the heart of Chiado. Inexpensive eating (with views) on the upper level.

Trem Azul

MUSIC

(Map p68; www.tremazul.com; Rua do Alecrim 21A; ⊗10am-7.30pm Mon-Fri, from 2pm Sat) Trem Azul stocks an excellent selection of jazz and world beats on both vinyl and CD. There's a small stage in the back, where small concerts and release parties are sometimes held.

Luvaria Ulisses

CLOTHING

(Map p68; 213 420 295; Rua do Carmo 87A; 310am-7pm Mon-Sat) So tiny it's almost an optical illusion, this magical art-deco store is chock-full of soft handmade leather gloves in kaleidoscope shades.

Louie Louie

MUSIC

Bairro Alto & Príncipe Real

Vellas Loreto

HOMEWARES (M

(Map p68; 213 425 387; Rua do Loreto 53; 9am-7pm Mon-Fri, to 1pm Sat) Lisboêtas have been waxing lyrical about this specialist candle-maker since 1789. The wood-panelled, talescented store sells myriad candles, from cherubs and peppers to Christmas trees and water lilies.

Loja Real

DESIGN A

(Map p76; Praça do Príncipe Real 20; ⊗10.30am-8pm Mon-Sat) A showcase for largely Portuguese designers, Loja Real features a wide assortment of unique, high-quality products that run the gamut from home decor (cushions, teapots, vases), fashion (clothing, jewellery) and artwork to items for children (clothing, books and toys). The emphasis is 'slow retail': nothing mass-produced or made with plastics or cheap materials.

There's also a food component on Thursday and Friday nights (from 6.30pm to 10.30pm), and you can stop in for an aperitif and *stuzzichini* (tapas-like finger food) prepared by the Italian chef.

SHOPPING MALLS

When you need a break from the heat, step into air-conditioned splendour. All of the following malls have cinemas, good food courts and, of course, shops.

Centro Comercial Colombo (www. colombo.pt; Av Lusíada; ⊗ 9am-midnight)

Complexo das Amoreiras (Map p80; ≥ 213 810 200; www.amoreiras.com; Av Duarte Pacheco; ⊕ 10am-11pm)

El Corte Inglês (Map p80; www. elcorteingles.pt; Av António Augusto de Aguiar 31; ⊗ 10am-10pm Mon-Sat, to 8pm Sun)

Dolce Vita (Map p80; www.dolcevita.pt; Ave Cruzeiro Seixas & Radial da Pontinha, Amadora; ⊕10am-10pm Mon-Sat, to 8pm Sun)

Poise & Matéria Prima

ACCESSORIES, MUSIC

(Map p68; Rua da Rosa 197; ⊗ 2-8pm Mon-Sat) This store has two sides. The first is Poise, a boutique that sells beautifully crafted handbags made from 100% Portuguese materials, and made in the atelier onsite. The adjoining space (Matéria Prima) is devoted to music – cutting-edge electronica, indie rock and esoteric sounds.

Cork & Company

GIFTS

(Map p68; Rua das Salgadeiras 10; ⊗ noon-9pm Mon-Thu, 11am-midnight Fri & Sat) At this elegantly designed shop in the lower Bairro Alto, you'll find cork put to surprisingly imaginative uses, with well-made cork handbags, pens, wallets, journals, candle holders, hats, scarves, place mats, umbrellas and even iPhone covers.

A Carioca

COFFEE, TEA

(Map p68; 213 420 377; Rua da Misericórdia 9; 9am-7pm Mon-Fri, to 1pm Sat) Little has changed since this old-world store opened in 1924: brass fittings still gleam, the coffee roaster is still in action and home blends, sugared almonds and toffees are still lovingly wrapped in green paper.

Arte Assinada

DESIGN

(Map p68; Largo Trindade Coelho 13; ⊗ 10am-8pm Mon-Sat) In an industrial-chic space across from the São Roque church, this high-concept store has geometric jewellery, elegant vases and artful objects for the home. You might not walk out with anything, but it's a fun place to browse.

Espaço B

ASHION

(Map p76; Rua Dom Pedro V120; ⊕ 11am-8pm Mon-Sat) This high-end fashion boutique offers well-tailored men's and women's fashions by the likes of Racines du Ciel, Fred Perry and Comme des Garçons. Clothing aside, Espaço B stocks scarves (for men and women), artfully designed jewellery, designer sneakers and other collectibles.

El Dorado

VINTAGE

Sneakers Delight

SHOES

(Map p68; 2213 479 976; Rua do Norte 30; ⊗1-10pm Mon-Sat) You'll find limited edition

Adidas trainers at this groovy store, with DJs spinning on weekends.

🗎 Alfama, Castelo & Graça

Feira da Ladra

MARKET

(Map p72; Campo de Santa Clara; ⊗ 7am-5pm Tue & Sat) Browse for back-of-the-lorry treasures at this massive flea market. You'll find old records, coins, baggy pants, dog-eared poetry books and other attic junk. Haggle hard and watch your wallet - it isn't called 'thieves market' for nothing.

Arte da Terra

GIFTS

(Map p72; Rua Augusto Rosa 40; @ 11am-8pm) In the stables of a centuries-old bishop's palace, Arte da Terra brims with authentic Portuguese crafts including Castello Branco embroideries, nativity figurines, handpainted azulejos, fado CDs and quality goods (umbrellas, aprons, writing journals) made from cork.

Loja Portugueza

GIFTS

(Rua do Graça 107; ⊕9am-7pm) This tiny store stocks tins of olive oil with vintage designs, retro coffee packs, grocery bags with colourful designs and other objects that make fine gifts.

Fabula Urbis

BOOKS

(Map p72; Rua Augusto Rosa 27;

10am-2pm & 3-8pm) A great little bookshop that celebrates works about Portugal, both by home-grown and expat authors. All the best works by Lobo Antunes, Saramago, Pessoa, Richard Zimler and Robert C Wilson are here and available in English, French, Spanish and, of course, Portuguese.

Garbags

ACCESSORIES

(Map p72; www.garbags.eu; Rua do Salvador 56; messenger bags, iPhone cases, wallets, handbags and zipper pouches cleverly made from former coffee sacks, potato chip bags, juice containers and other recycled materials. The gear seems durable (and waterproof) and the look is somewhat sleek, if you don't mind the corporate logos.

Cais do Sodré

Mercado da Ribeira

(Map p68; 210 312 600; Av 24 de Julho; ⊕ 6am-2pm Mon-Sat) Lisbon's premier food market buzzes with locals shopping for fruit and vegetables, crusty bread and silvery sardines fresh from the Atlantic.

🗎 Rato, Marquês de Pombal & Saldanha

Fashion Clinic

FASHION

(Map p80; www.fashionclinic.pt; Ave da Liberdade 192; @10am-7.30pm Mon-Sat) Everything designer divas crave: ready-to-wear DKNY, Gucci and Prada, Jimmy Choo shoes, perfumes, accessories, fashion books and more.

Carbono

MUSIC

(Map p80; Rua do Telhal 6B;

11am-7pm Mon-Sat) The staff may be grumpy, but it's hard not to like Carbono, with its impressive selection of new and secondhand vinyl and CDs. World music - West African boogaloo, Brazilian tropicalia – is especially well represented.

CE Livrarias

Mon-Fri, 10am-2pm Sat) Sizeable collection of literature in Portuguese, English, French and German, plus in-store readings and concerts

Parque das Nações

Centro Vasco da Gama

(www.centrovascodagama.pt; Parque das Nações; ⊗ 8am-10pm Mon-Fri, 9am-9pm Sat & Sun) Glassroofed mall sheltering high-street stores, cinema and a food court - upper-level restaurants have outdoor seating with a view.



1 Information

DANGERS & ANNOYANCES

Lisbon is generally a safe city with a low crime rate, though you'll want to mind your wallet on tram 28 – a major hot-spot for pickpockets – and at other tourist hubs such as Rua Augusta. You're also certain to be offered hash and sunglasses from swarthy characters in Baixa and in Bairro Alto; a firm but polite 'no' keeps hawkers at bay. Main streets are relatively safe to walk along at night, but be wary around metro stations such as Anjos, Martim Moniz and Intendente, where there have been muggings. Take care in the dark alleys of Alfama and Graça.

EMERGENCY

Police, Fire & Ambulance (≥112)

Police Station (**≥** 217 654 242; Rua Capelo 13) Tourist Police (213 421 634: Palácio Foz.

LISBOA CARD

If you're planning on doing a lot of sightseeing, the Lisboa discount card represents excellent value. It offers unlimited use of public transport (including trains to Sintra and Cascais), entry to all key museums and attractions, and up to 50% discount on tours. cruises and other admission charges. It's available at Ask Me Lisboa (Map p64: Praca do Comércio:

9 9am-8pm) tourist offices, including the one at the airport. The 24-/48-/72-hour versions cost €19/32/39. You validate the card when you want to start it.

INTERNET ACCESS

Many cafes and some restaurants in Lisbon offer free wireless access. If you're travelling without a smartphone or laptop, a few internet cafes provide access (with prices around €2 to €4 per hour).

Skynet (Calcada Garcia 4: per hr €0.50: 9.30am-9pm) Only a few computers, but it's probably the cheapest internet cafe in town.

Cyber Bica (Rua dos Dugues de Bragança: 11am-midnight Mon-Fri) Groovy cafe-bar.

Portugal Telecom (Praça Dom Pedro IV 68; @ 9am-10pm) Has rows of booths.

Web Café (Rua do Diário de Notícias 126: 7pm-2am) Internet access.

MEDIA

In addition to Portuguese dailies such as Diario de Noticias and the tabloid best-seller Correiro da Manhã, the Portugal News (http://theportu galnews.com) is an English-language daily.

MEDICAL SERVICES

British Hospital (217 213 410; Rua Tomás da Fonseca:

8am-midnight) English-speaking staff and English-speaking doctors.

Clínica Médica Internacional (213 513 310; Avenida Sidónio Pais 14) A guick (though not cheap) private clinic with English-speaking doctors.

Farmácia Estácio (Praça Dom Pedro IV 62) A central pharmacy.

MONEY

Multibanco ATMs are widespread throughout the city.

Barclays Bank (2217 911 100; Av da República 50)

Cota Câmbios (Praca Dom Pedro IV 41) The best bet for changing cash or travellers cheques is a private exchange bureau like this one.

POST

Main Post Office (Map p64: Praca do Comércio) Has poste restante.

Post Office (Map p64; Praça dos Restauradores) Central post office.

TELEPHONE

Equipped with a phone card, including the Portugal Telecom card, you can make international direct-dial (IDD) phone calls from most pay phones. At Portugal Telecom (p118) booths in post offices you can pay after you've made the call.

TOURIST INFORMATION

Ask Me Lisboa The largest and most helpful tourist office in the city faces Praça Restauradaures inside the Palácio Foz (Map p64; www. askmelisboa.com; Palácio Foz, Praca dos Restauradores; 9am-8pm). Staff here dole out maps and information, book accommodation and reserve rental cars. Nearby, the smaller Y Lisboa (Map p64; www.askme

lisboa.com; Rua Jardim do Regedor 50; ⊕ 10am-7pm) branch does much the same: there's also left luggage here and charged internet access. Lisboa Welcome Centre (Map p64; www.visitlisboa.com; Praça do Comércio; 9am-8pm) is another helpful branch.

Ask me Lisboa also runs several information kiosks, which are handy places for maps and quick information: Airport (Airport: \$\infty\$7am-midnight); Belém (Map p82; Largo dos Jernónimos, Belém; \$\infty\$10am-1pm & 2-6pm Mon-Sat); and Santa Apolónia (Map p72; Door 47, inside train station, Santa Apolónia; 88am-1pm Mon-Sat).



Getting There & Away

Situated around 6km north of the centre, the ultramodern Aeroporto de Lisboa (Lisbon Airport; www.ana.pt) operates direct flights to major international hubs including London. New York, Paris and Frankfurt.

BOAT

The **Transtejo ferry line** (www.transtejo.pt) has several riverfront terminals.

Cais do Sodré (Map p64); service to Cacilhas (€1.20, 10 minutes, every 10 minutes all day), Montijo (€2.70, 30 minutes) and Seixal (€2.30, 30 minutes).

Terreiro do Paço (Map p64): service to Barreiro (€2.30, 30 minutes), for rail connections to the Alentejo, Algarve and Setúbal.

Belém (Map p82): service to Trafaria and Porto Brandão (€1.15, every 30 to 60 minutes), about 3.5km and 5km respectively from Costa da Caparica town.

BUS

Both information and tickets for international departures are scarce at weekends, so try to avoid that last-minute Sunday dash out of Portugal.

Sete Rios

Lisbon's long-distance bus terminal is **Sete Rios** (Rua das Laranjeiras), linked to both Jardim Zoológico metro station and Sete Rios train station. The big carriers, **Rede Expressos** (②707 223 344; www.rede-expressos.pt) and **Eva** (②707 223 344; www.eva-bus.com), run frequent services to almost every major town. You can buy your ticket up to seven days in advance. Services include the following:

Évora (€12, 1½ hours, 10 to 20 daily)

Coimbra (€14, 2½ hours, 15 to 25 daily)

Porto (€19, 3½ hours, 10 to 20 daily)

Faro (€20, 3½ hours, four to eight daily)

Buses to Sesimbra and Costa da Caparica also leave from here.

Gare do Oriente

The other major terminal is **Gare do Oriente** (near Parque das Nações), concentrating on services to the north and to Spain. On the 1st floor are bus company booths (mostly open from 9am to 5.30pm Monday to Saturday, and to 7pm Friday, closed for lunch; smaller operators only open just before arrival or departure).

The biggest companies operating from here are **Rene**x (218 956 836; www.renex.pt) and the Spanish operator **Avanza** (218 940 250; www.avanzabus.com). Many Renex buses take passengers 20 minutes early at Campo das Cebolas in Alfama, before Gare do Oriente.

Eurolines (**J** 218 940 968; www.eurolines. com; Loja 203, Gare do Oriente) runs coaches to destinations all over Europe.

Terminal Campo Grande

CAR & MOTORCYCLE

Motorbikes, ranging from 50cc to 700cc, are available for hire from LX Rent a Scooter (№ 213 660 161; www.lxrentascooter.pt; Campo das Cebolas 20; ⊕10am-1pm & 2.30-7pm). Prices start at €30 for the day.

The big-name car-hire companies are all on hand, though you can often save by using local agencies; most offer pick-up and delivery service to the Palácio Foz tourist office on Praça dos Restauradores. The tourist offices have loads of car-rental fliers where you can compare prices. Staff will even call and book a vehicle for you.

Autojardim (≥800 200 613; www.auto-jardim. com)

Avis (№800 201 002; www.avis.com.pt)
Europcar (№219 407 790; www.europcar.pt)
Hertz (№808 202 038; www.hertz.com)
Holidays Car (№217 150 610; www.holidays car.com)

TRAIN

Lisbon is linked by train to other major cities. Check www.cp.pt for schedules. Express services include the following:

Évora (€12, 1½ hours, three to four daily)

Coimbra (€20, two hours, 10 to 20 daily)

Faro (€21, three hours, three to six daily)

Porto C (€24, three hours, seven to 18 daily)

Lisbon has several major train stations. **Santa Apolónia** is the terminal for trains from northern and central Portugal. It has a helpful **information**

BIKING THE TEJO

With its steep, winding hills and narrow, traffic-filled lanes, Lisbon may not seem like the ideal place to hop on a bicycle. The city, however, is redefining itself with the addition of a biking/jogging path that opened in 2010. Coursing along the Tejo for nearly 7km, the path connects Cais do Sodré with Belém, and has artful touches – including the poetry of Pessoa printed along parts of it. It passes beside a rapidly changing landscape – taking in ageing warehouses that are being converted into open-air cafes, restaurants and nightspots.

You can also hire bikes for short spins along the Tejo out at Parque das Nações, where **Tejo Bike** (www.tejobike.pt; per hr from €5; ⊗10am-8pm) rents out bikes, kids' bikes and go-carts.

desk (≥ 808 208 208; ⊗ 7.30am-9pm Mon-Fri, 8pm-4.30pm Sat & Sun) at door 8.

Gare do Oriente is Lisbon's biggest station. Trains to the Alentejo and the Algarve originate from here. Note that all of Santa Apolónia's services also stop here. Ticket booths are on the 1st floor (platforms are on the 2nd) and carrental offices, banks and shops are at street level. Left-luggage lockers are on the basement metro level.

If you're headed to the south, rather than going out to Gare do Oriente, you can also board at Entrecampos train station, connected to the metro station of the same name. Most, but not all, southbound trains also stop at Sete Rios. which is connected to the Jardim Zoológico metro station. Either of these stations provides services across the Ponte 25 de Abril to Setúbal. among other destinations.

Cais do Sodré is the terminal for train services to Cascais and Estoril.

Rossio, with its beautiful neo-Manueline facade, offers frequent services to Sintra via Queluz.



1 Getting Around

TO/FROM THE AIRPORT

The Aeroporto metro station, on the red line, opened in 2012, allowing convenient access to downtown. Change at Alameda (green line) to reach Rossio and Baixa.

TICKETS & TRANSPORT CARDS

You'll pay more for transport if you buy your ticket on-board rather than purchasing a pre-paid card. On-board one-way prices are €1.80 for buses. €2.85 for trams and €3.60 (return) for funicular rides (one-way tickets not available), Santa Justa, however, costs €5 return.

To save money, purchase a Viva Viagem card (€0.50) from metrostation kiosks and add credit (in €5 denominations). Each ride will then deduct €1.40 per trip from the card for all transport, including the metro, except for Santa Justa. The other option is the day pass, which costs €6 and allows unlimited travel over a 24-hour period on the entire transport network.

There's also the Lisboa Card (p118), which is good for most tourist sights as well as bus, tram, funicular and metro travel.

- The AeroBus departs from outside Arrivals (adult/child €3.50/2, 25 to 35 minutes, roughly every 20 minutes from 7am to 11pm). It goes via Marquês de Pombal, Avenida Liberdade, Restauradores, Rossio and Praça do Comércio to Cais do Sodré. The ticket gives free passage on the entire city bus network for the rest of the day.
- Expect to pay about €10 for the 15-minute taxi ride into central Lisbon, plus €1.60 if your luggage needs to be placed in the boot. Avoid long queues by flagging down a taxi at Departures. Make sure the cabbie switches on the taximeter, and that you pay the listed fare.

CAR & MOTORCYCLE

Lisbon can be quite stressful to drive around. thanks to heavy traffic, maverick drivers and narrow one-way streets and tram lines. There are two ring roads useful for staying out of the centre: the inner Cintura Regional Interna de Lisboa (CRIL) and the outer Cintura Regional Externa de Lisboa (CREL).

Once in the centre, parking is the main issue. Spaces are scarce, parking regulations are complex, pay-and-display machines are often broken and car-park rates can be expensive (up to €25 per day). On Saturday afternoon and Sunday, parking is usually free.

A few good places for free parking: Campo de Santa Clara, near the Alfama, is good every day except Saturdays and Tuesdays, when the Feira da Ladra (p117) takes over the lot. You can also find free parking on Av 24 de Julho, west of Cais do Sodré. Always lock up and don't leave any valuables inside, as theft is a risk.

PUBLIC TRANSPORT

Bus, Tram & Funicular

Companhia Carris de Ferro de Lisboa (Carris; 213 613 054; www.carris.pt) operates all transport except the metro. Its buses and trams run from about 5am or 6am to about 10pm or 11pm; there are some night bus and tram services.

Pick up a transport map, Planta dos Transportes Públicos da Carris (including a map of night-time services) from tourist offices or Carris kiosks, which are dotted around the city. The Carris website has timetables and route details.

Don't leave the city without riding popular tram 28 from Largo Martim Moniz or tram 12 from Praça da Figueira through the narrow streets of the Alfama. Go early in the morning or at night to avoid the tourist mobs.

Two other useful lines are tram 15, which runs from Praça da Figueira and Praça do Comércio via Alcântara to Belém; and tram 18 from Praça do Comércio via Alcântara to Ajuda. Tram 15 features space-age articulated trams with on-board machines for buying tickets and passes. Tram stops are marked by a small yellow paragem

A SURREAL MANSION & GARDENS

Exploring the Quinta da Regaleira (Map p124; www.regaleira.pt; Rua Barbosa du Bocage; adult/child €6/3; ⊕10am-8pm) is like delving into another world. This neo-Manueline extravaganza was dreamed up by Italian opera-set designer Luigi Manini under the orders of Brazilian coffee tycoon, António Carvalho Monteiro, aka Monteiro dos Milhões (Moneybags Monteiro). Enter the villa to begin the surreal journey, with ferociously carved fireplaces, frescos and Venetian-glass mosaics. Keep an eye out for mythological and Knights Templar symbols.

The playful gardens are fun to explore – footpaths wriggle through the dense foliage to follies, fountains, grottoes, lakes and underground caverns. All routes seem to eventually end at the revolving stone door leading to the initiation well, **Poco Iniciáto**, plunging down some 30m. You walk down the nine-tiered spiral (three by three – three being the magic number) to mysterious hollowed-out underground galleries, lit by fairy lights.

(stop) sign hanging from a lamp post or from the overhead wires.

Metro

The **metro** (www.metrolisboa.pt; 1-/2-zone single €0.85/1.15; ⊗ 6.30am-1am) is useful for short hops, and to reach the Gare do Oriente and nearby Parque das Nações.

Buy tickets from metro ticket machines, which have English-language menus. The Lisboa Card (p118) is also valid.

Entrances are marked by a big red 'M'. Useful signs include correspondência (transfer between lines) and saída (exit to the street). There is some impressive contemporary art on the metro, including Angelo de Sousa at Baixa-Chiado and Hundertwasser at Oriente.

Watch out for pickpockets in rush-hour crowds.

TAXI

Táxis in Lisbon are reasonably priced and plentiful. If you can't hail one, try the ranks at Rossio and Praça dos Restauradores, near stations and ferry terminals, and at top-end hotels, or call **Rádio Táxis** (☑ 218 119 000) or **Autocoope** (☑ 217 932 756).

The fare on the meter should read €2.50 (daytime flag-fall). You will be charged extra for luggage and an additional 20% for journeys between 9pm and 6am. Rip-offs occasionally occur (the airport route is the main culprit). If you think you may have been cheated, get a receipt from the driver, note the registration number and talk to the tourist police.

AROUND LISBON

When the city sizzles in summer, *lisboêtas* don't have to go far to keep their cool – it's all in their backyard. Enchanting beaches lie north and south of the capital. There

are also rippling woods brushed with pine and eucalyptus, marshy reserves where bottlenose dolphins splash, hills studded with fanciful palaces, and limestone cliffs where dinosaurs left their footprints 150 million years ago. And you'll find it all within an hour of the capital.

Drenched in shades of green, Sintra is often touted as the must-do day trip and you can believe the hype – it's stunning. Moors, blue-blooded eccentrics and even Lord Byron let their vivid imaginations loose in above-the-clouds palaces, woods scattered with enormous boulders and subtropical gardens. To the southwest, Cascais is a cocktail of beach, culture and lively bars, and neighbouring Estoril might just tempt you to roll the dice at its once ritzy casino of James Bond 007 fame. Go northwest for royal decadence in Mafra's baroque palace of Versailles proportions.

Sintra.

POP 26.000 / ELEV 280M

With its rippling mountains, dewy forests thick with ferns and lichen, exotic gardens and glittering palaces, Sintra is like a page torn from a fairy tale. Its Unesco World Heritage-listed centre, Sintra-Vila, is dotted with pastel-hued manors folded into luxuriant hills that roll down to the blue Atlantic.

Celts worshipped their moon god here, the Moors built a precipitous castle, and 18th-century Portuguese royals swanned around its dreamy gardens. Even Lord Byron waxed lyrical about Sintra's charms: 'Lo! Cintra's glorious Eden intervenes, in variegated maze of mount and glen', which inspired his epic poem Childe Harold's Pilgrimage.



It's an unmissable day trip and, if time's not an issue, has enough allure to keep you there for several days.

Sintra has become quite popular in recent years, and it's hard to escape the tourist masses (especially in the summer). Go early in the day mid-week to escape the worst of the crowds.

If arriving by train, go to the last stop -Portela de Sintra - from which it's a pleasant 1km walk (or short bus ride) into the village.

Sights

Palácio Nacional de Sintra

PALACE (Map p126; Largo Rainha Dona Amélia; adult/child €9/7.50; ⊗ 9.30am-7pm) The star of Sintra-Vila is this historic palace, with its iconic twin conical chimneys and lavish interior. Of Moorish origins, the palace was first expanded by Dom Dinis (1261-1325), enlarged by João I in the 15th century (when the kitchens were built), then given a Manueline twist by Manuel I in the following century.

The whimsical interior is a mix of Moorish and Manueline styles, with arabesque courtyards, barley-twist columns and 15thand 16th-century geometric azulejos that figure among Portugal's oldest. Highlights include the octagonal Sala dos Cisnes (Swan Room), adorned with frescos of 27 goldcollared swans. Suspicious? You will be in the Sala das Pegas (Magpie Room), its ceiling emblazoned with magpies. Lore has it that the queen caught João I kissing one of her ladies-in-waiting. The cheeky king claimed the kisses were innocent and all 'por bem' (for the good), then commissioned one magpie for every lady-in-waiting.

Other standouts are the wooden Sala dos Brasões, bearing the shields of 72 leading 16th-century families, the shipshape Galleon Room and the Palatine chapel featuring an Islamic mosaic floor. Finally, you reach the

kitchen of twin-chimney fame, where the flutes work their magic. You can almost hear the crackle of a hog roasting on a spit for the king.

Castelo dos Mouros

CASTLE (Map p124; adult/child €7/6; ⊕ 9.30am-8pm) Soaring 412m above sea level, this mistenshrouded ruined castle looms high above the surrounding forest. The 9th-century Moorish castle's dizzying ramparts stretch across the mountain ridges and past mossclad boulders the size of small buses. When the clouds peel away, the vistas over Sintra's palace-dotted hill and dale to the glittering Atlantic are – like the climb – breathtaking.

The best walking route here from Sintra-Vila is not along the main road but the quicker, partly off-road route via Rua Marechal Saldanha. The steep trail is around 2km, but quiet and rewarding.

Parque da Pena

GARDENS

(Map p124; 219 237 300; www.parguesdesintra. pt; adult/child €7/6, combined ticket with Palácio Nacional da Pena €13.50/11:

9.30am-8pm) Parque da Pena is 200m up the road from Castelo dos Mouros, and is filled with tropical plants, huge redwoods and fern trees, camellias, rhododendrons and lakes (note the castle-shaped duck houses for web-footed royalty!). It's cheaper to buy a combined ticket if vou want to visit Palácio Nacional da Pena too.

Buses (Map p126) to the park entrance leave from Sintra train station and near the turismo (tourist office). A taxi costs around €8 one way. The steep, zigzagging walk through pine and eucalyptus woods from Sintra-Vila is around 3km.

Palácio Nacional da Pena

PALACE

(Map p124; adult/child €12.50/10; ⊕ 9.45am-7pm) Rising up from a thickly wooded peak and often enshrouded in swirling mist, Palácio Nacional da Pena is a wacky confection of onion domes, Moorish keyhole gates, writhing stone snakes and crenellated towers in pinks and lemons. Ferdinand of Saxe Coburg-Gotha, the artist-husband of Queen Maria II, commissioned Prussian architect Ludwig von Eschwege in 1840 to build the Bavarian-Manueline epic (and as a final flourish added an armoured statue of himself, overlooking the palace from a nearby peak).

The kitschy, extravagant interior is equally unusual, brimming with precious Meissen porcelain, Eiffel-designed furniture, trompe l'oeil murals and Dom Carlos' unfinished nudes of buxom nymphs.

Convento dos Capuchos

MONASTERY (Capuchin Monastery; 219 237 300; adult/child €6/5; ⊗ 9.30am-8pm) Hidden in the woods is the bewitchingly hobbit-hole-like Convento dos Capuchos, which was originally built in 1560 to house 12 monks who lived in incredibly cramped conditions, their tiny cells having low, narrow doors. Byron mocked the monastery in his poem Childe Harold's Pilgrimage, referring to recluse Honorius who spent a staggering 36 years here (before dying at age 95 in 1596).

It's often nicknamed the Cork Convent, because its miniscule cells are lined with cork. Visiting here is an Alice in Wonderland experience as you squeeze through to explore the warren of cells, chapels, kitchen and cavern. The monks lived a simple, touchingly well-ordered life in this idyllic yet spartan place, hiding up until 1834 when it was abandoned.

You can walk here - the monastery is 7.3km from Sintra-Vila (5.1km from the turn-off to Parque da Pena) along a remote. wooded road. There is no bus connection to the convent (taxis charge around €35 return; arrange for a pick-up ahead).

Palácio & Parque de Monserrate

PALACE, GARDENS

(www.parquesdesintra.pt; adult/child €7/6: 30-hectare park, a manicured lawn sweeps up to the whimsical, Moorish-inspired palácio, the 19th-century romantic folly of English millionaire Sir Francis Cook. The wild and rambling gardens surrounding the building were created in the 18th century by wealthy English merchant Gerard de Visme, then enlarged by landscape painter William Stockdale (with help from London's Kew Gardens).

Its wooded hillsides bristle with exotic foliage, from Chinese weeping cypress to dragon trees and Himalayan rhododendrons. Seek out the Mexican garden nurturing palms, yuccas and agaves, and the bamboo-fringed Japanese garden abloom with camellias.

The park is 3.5km west of Sintra-Vila.

Museu do Brinquedo

MUSEUM

(Toy Museum; Map p126; www.museu-do-bringue do.pt; Rua Visconde de Monserrate; adult/child €4.50/2.50;
10am-6pm Tue-Sun) Sintra's toy story is Museu do Bringuedo. João Arbués



Moreira's fascinating 20,000-piece collection presents a chronological romp, from 3000-year-old Egyptian stone counters to a 1999 Barbie Burberry.

Museu de Arte Moderna

(Map p124; www.berardocollection.com; Avenida Heliodoro Salgado; ⊗ 10am-6pm Tue-Sun) FREE The Museu de Arte Moderna hosts rotating exhibitions covering the entire modern-art spectrum from kinetic and pop art to surrealism and expressionism. Sheltering Hockney, Lichtenstein and Warhol originals, the permanent collection is part of billionaire José Berardo's stash, which also graces the walls of Lisbon's Museu Colecção Berardo (p81).

Museu Anios Teixeira

(Map p126; Alameda Volta do Duche; ⊕10am-6pm Tue-Fri, 2-6pm Sat & Sun) FREE Set in a former watermill, this small museum displays works by the father-and-son duo of Anjos Teixeira – two of Portugal's greatest sculptors. Most of the pieces here are the work of Pedro Augusto (1908–97), the son, who enjoyed greater success than his father, and was connected to the neorealism of the 1940s.

Some of his best works are on display here, from sensual Rodin-like works of feminine beauty to grand pastoral sculptures that capture the hardships of life in the countryside. Access is via steps, leading down from the main road opposite Parque da Liberdade.

A Activities

Sintra is a terrific place to get out and stride, with waymarked **hiking trails** (look for red-and-yellow stripes) that corkscrew up into densely wooded hills strewn with giant boulders. Justifiably popular is the gentle 50-minute trek from Sintra-Vila to Castelo dos Mouros. You can continue to Palácio Nacional da Pena (another five minutes). From

Sintra
Top Sights1 Quinta da RegaleiraA2
⊚ Sights 2 Castelo dos Mouros
Sleeping 6 Casa do Valle A1 7 Casa Miradouro A1 8 Hotel Nova Sintra C1 9 Hotel Sintra Jardim C3 10 Quinta das Murtas C3
SEating 11 Bica São Pedro D4 12 Dom Pipas C2 13 G-Spot C1
© Entertainment 14 Centro Cultural Olga Cadaval

here you can ascend Serra de Sintra's highest point, the 529m Cruz Alta (High Cross), named after its 16th-century cross, with amazing views all over Sintra. It's possible to continue on foot to São Pedro de Penaferrim and loop back to Sintra-Vila. The *turismo* in Sintra-Vila can provide maps and info on various hiking trails.

Horseback riding is available in the Parque da Pena, from 30-minute teasers (\in 10) to six-hour excursions (\in 100).

Sintra Canopy

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(219 237 300; www.parquesdesintra.pt; admission €29; ⊗11am-6.30pm) One of Sintra's newest activities is this zipline (flying fox), which takes visitors on a course through the treetops at heights of around 30m between 11 platforms. The whole course runs nearly 1km and takes one to two hours. Find it near the Moorish castle.

MuitAventura

ADVENTURE TOURS

(211 931 636; www.muitaventura.com; Rua Marquês Viana 31) This adventure outfitter has a regular schedule of organised activities, including mountain biking, rappelling, jeep tours, trekking and nighttime hikes. It's based in São Pedro.

Ozono Mais

ADVENTURE TOURS

(2219619927; www.ozonomais.com) Offers a variety of outdoor excursions, including canoe-

ing, rafting, mountain biking and jeep tours. Call ahead for times and prices.

** Festivals & Events

From late June to early July, the three-weeklong **Festival de Sintra** (www.festivaldesintra. pt) features classical recitals, ballet and modern dance, world music and multimedia events, plus concerts for kids.

Sleeping

It's worth staying overnight, as Sintra has some magical guesthouses, from quaint villas to lavish manors. Book ahead in summer.

★ Nice Way Sintra Palace

HUGLEI &

(Map p126; 219 249 800; www.sintrapalace.com; Rua Sotto Mayor 22; dm €18-22, d with private/shared bathroom €60/50) In a rambling mansion north of the main square, you'll find stylishly outfitted rooms, great views of the countryside and a lovely garden. The flickering fireplace on cold nights sweetens the deal. There's a friendly vibe to the place, making it a good place to meet other travellers. There is also a fully equipped two-bedroom cottage available – excellent value for families at around €75 per night.

Almaa HOSTEL€

(2) 219 240 008; www.almaasintrahostel.com; Caminhodos Frades; dm/d/tr from €24/68/84) Sustainably-minded Almaa is an idyllic spot to recharge for a few days, with a quirky design scheme (featuring recycled furniture) and an attractive setting. The surrounding 3.5 hectares of lush grounds is set with walking

SWEET DREAMS

Sintra is famous for its luscious sweeties. Fábrica das Verdadeiras Oueijadas da Sapa (Map p126; Alameda has been fattening up rovalty since 1756 with bite-sized queijadas - crisp pastry shells filled with a marzipan-like mix of fresh cheese, sugar, flour and cinnamon, Since 1952, Casa Piriquita (Map p126: Rua das Padarias 1-5: locals with another sweet dream: the travesseiro (pillow), which is light puff pastry turned, rolled and folded seven times, then filled with delicious almondand-egg-yolk cream and lightly dusted with sugar.



paths and an old spring-fed reservoir for swimming. It's a 10-minute walk from the village centre.

Casa de Hóspedes Dona

Maria da Parreirinha GUESTHOUSE € (Map p126: 219 232 490: Rua João de Deus 12-14: d €45-55) A short walk from the train station, this small, homely guesthouse has oldfashioned rooms with big windows, darkwood furnishings and floral fabrics.

Monte da Lua

GUESTHOUSE €€ (Map p126; **≥** 219 241 029; www.montedalua.org; Av Dr Miguel Bombarda 51; d without breakfast €65-75; 🕤 Opposite the train station, this warm and welcoming marshmallow-pink villa offers clean and simple wood-floored rooms; the best overlook the wooded valley at the back.

Hotel Sintra Jardim

GUESTHOUSE €€ (Map p124; 219 230 738; hotelsintrajardim@ gmail.com; Travessa dos Avelares 12; d €65-80; @ 🔁 🛎) This stately 1850s manor overlooks rambling gardens and an inviting pool, and offers captivating views to the castle. The bright, high-ceilinged rooms are decorated in crisp hues with shiny wood floors. Wake up to birdsong and a hearty breakfast.

Quinta das Murtas

GUESTHOUSE €€

(Map p124: 219 240 246: www.guintadasmurtas. com: Rua Eduardo Van Zeller 4: d/apt from €75/85: P 🕿) A grand manor surrounded by lush greenery, this retreat charms with sweeping views, a trickling fountain and a grand lounge room with carved columns and an elaborate ceiling. The traditional, tiled-floor rooms are light and spacious; the roomier apartments also have kitchenettes.

Hotel Nova Sintra GUESTHOUSE €€

(Map p124; 219 230 220; www.novasintra.com; Largo Afonso de Albuquerque 25; s/d €70/95; **ൂ**@♠) This renovated late-19th-century mansion is set above the main road. The big drawcard is the sunny terrace overlooking Sintra, where you can take breakfast. Frontfacing doubles offer picturesque views, back rooms more peaceful slumber. Some rooms are rather small.

Casa do Valle

(Map p124: 219 244 699: www.casadovalle.com: Rua da Paderna: d €90: @ 😭 🕮) Just downhill from the historical centre, Casa do Valle has spacious rooms set around a garden with an inviting pool. Some rooms lack en-suite. There are fine views onto the lush hillsides rising above the valley and friendly multilingual service.

Sintra-Vila Sights 2 Museu do Brinquedo......B3 3 Palácio Nacional de Sintra..... B2 Activities, Courses & Tours Sleeping 5 Casa de Hóspedes Dona Maria da Parreirinha......D1 6 Lawrence's Hotel A3 8 Nice Way Sintra Palace......A1 9 Villa Mira Longa A3 Eating 10 Casa Piriquita......B3 11 Fábrica das Verdadeiras 12 Tasca do Xico B2 13 Sabores da VilaD1 15 Tacho Real B3 16 Tulhas...... A3 C Drinking & Nightlife 17 Fonte da Pipa...... B3

Villa Mira Longa

(Map p126; 2964 306 194; www.villamiralonga. com; Estrada da Pena 4; d €80-120, 3-bedroom apt €200; (₹) This restored villa, a short walk from the centre, has comfortable rooms (the best with panoramic views) and beautiful common areas (including an antique-filled dining room and an exquisitely manicured garden). The kind hosts have a wealth of knowledge about Sintra and offer a first-rate breakfast

Lawrence's Hotel GUESTHOUSE €€ (Map p126; **≥** 219 105 500; www.lawrences hotel.com; Rua Consiglieri Pedroso 38-40; s/d/ ste €110/120/145; *@?) Lord Byron once staved at this 18th-century mansion turned boutique hotel. It oozes charm with its lanternlit, vaulted corridors and snug bar. Wood floors creak in the individually designed rooms, decorated with azulejos and antique trunks; some rooms have views over the wooded valley. There's also an excellent

Casa Miradouro GUESTHOUSE €€€

restaurant.

(Map p124; 219 107 100; www.casa-miradouro. com; Rua Sotto Mayor 55; d €100-135, without breakfast €80-115) This imposing Battenberg

cake of a house, built in 1890, has eight elegant, stuccoed rooms and panoramic views. The best have small balconies.



Saudade CAFE € (Map p126; Avenida Dr Miguel Bombardo 8; mains €5-7;
⊗ 8.30am-8pm Sun-Wed, to midnight Thu-Sat; (2) This former bakery, where Sintra's famous queijadas were made, has cherubcovered ceilings and a rambling interior, making it a fine spot for pastries or lighter fare (with a different soup, salad, fish- and meat-dish of the day). A gallery in the back features changing art exhibitions.

Bica São Pedro

(Map p124; Rua 1 de Dezembro 16; mains €7-10; Slunch & dinner) On a peaceful lane in São Pedro, a friendly welcome and good-value daily specials await - steak, salads, bacalhau dishes, crepes and quiches are among the selections. There's garden dining in the back.

Tulhas

PORTUGUESE €€

PORTUGUESE €

(Map p126; Rua Gil Vicente 4; mains €10-17; warehouse is dark, tiled and quaint, with wrought-iron chandeliers and a relaxed, cosy atmosphere. It's renowned for its bacalhau com natas (shredded cod with cream and potato).

Tasca do Xico

TAPAS €€

(Map p126; Rua Arco do Teixeira 6; tapas €4-8; noon-10pm) On a narrow lane in the old quarter, the petite Tasca do Xico prepares tasty tapas plates (prawns with garlic, mussels in vinaigrette) as well as a few heartier changing specials such as grilled fresh fish of the day. Dine outside (or arrive early to score the only table inside).

G-Spot

FUSION €€

(Map p124; 2927 508 027; Alameda dos Combatentes da Grande Guerra 12: mains €16-18:

7.30-10.30pm Tue-Sat) The name may not whet your appetite, but the cooking is top-notch at this small, elegant restaurant just off the beaten path, and features a changing selection of seasonally inspired dishes. Try the multi-course tasting menu, a fair value at €30. Reservations recommended.

Tacho Real

PORTUGUESE €€

(Map p126; 219 235 277; Rua da Ferraria 4; mains €10-22; ⊗ lunch & dinner Thu-Tue) At this charming haunt, take a pew on the cobbled patio or retreat to the 17th-century vaulted

interior, bedecked with century-old azulejos. Dapper waiters bring specialities, from juicy steaks to delicious stuffed king crab, to the table.

Dom Pipas

PORTUGUESE €€ (Map p124; Rua João de Deus 62; mains €7-13; Slunch & dinner Tue-Sun) A local favourite, Dom Pipas serves up excellent Portuguese dishes, amid azulejos and rustic country decor. It's behind the train station (left out of the station, first left, then left again to the end).

Sabores da Vila

PORTUGUESE €€

(Map p126; 219 242 855; Av Augusto Freire 2; mains €7-12; ⊗ lunch & dinner Mon-Sat; 🗟 🗷) Near the train station, this attractive space specialises in no-nonsense grilled meats and seafood (octopus, lamb chops, rump steak, salmon and the like).

Drinking & Nightlife

Sintra is a sleepy town, with little in the way of bar life. Most locals head to Lisbon for a big night out.

Fonte da Pipa

BAR

(Map p126; 219 234 437; Rua Fonte da Pipa 11-13; @ 9pm-2am) A tiled bar, this has craggy, cavelike rooms and comfy seats.

🗘 Entertainment

Taverna dos Trovadores LIVE MUSIC (Map p124; 219 233 548; Praça Dom Fernando || 18) This atmospheric restaurant and bar features live music (folk and acoustic) on Friday and Saturday nights - an institution that's been around for over two decades. Concerts run from 11.30pm to 2am. It's located in São Pedro de Penaferrim.

SPEEDY TRANSPORT

If you have limited time and you'd like to see some of the attractions beyond Sintra-Vila, Sight Sintra (Map p126; 219 242 856; Rua João de Deus; 21/2hr tour €45;

9.30am-8pm) rents out tiny two-person buggies that guide you by GPS along one of three different routes. The most popular takes you to Castelo dos Mouros and Palácio da Pena among other sites. It's located around the corner from the train station. You can also create your own itinerary, and hire it for €25 per hour.

Centro Cultural Olga Cadaval

CULTURAL CENTRE

(Map p124; 219 107 110; www.ccolgacadaval. pt; Praça Francisco Sá Carneiro) Sintra's major cultural venue stages concerts, theatre and dance

n Information

There's an ATM at the train station and in the tourism office.

Centro de Saúde (219 247 770; Rua Dr Alfredo Costa 34)

Police Station (219 247 850; Rua João de Deus 6)

Post Office Sintra-Vila (Map p126; Rua Gil Vicente, Sintra-Vila): Portela de Sintra (Map p124; Av Movimento das Forças Armadas, Portela de Sintra)

Turismo (Map p126; 219 231 157; Praça da Republica; 9.30am-6pm Tue-Fri, 1.30-6pm Sat & Sun) Near the centre of Sintra-Vila, this helpful multilingual office has expert insights into Sintra and the surrounding areas. There's also a small train station (Map p126; 219 241 623; train station) branch, often overrun by those arriving by rail.



1 Getting There & Away

Buses run by **Scotturb** (Map p126; 214 699 100; www.scotturb.com; Av Dr Miguel Bombarda) or Mafrense (2 261 816 150; www. mafrense.pt) leave regularly for Cascais (€3.50, one hour), sometimes via Cabo da Roca (€3.35). Buses also head to Estoril (€3.50, 40 minutes), Mafra (45 minutes) and Ericeira (45 minutes). Most services leave from Sintra train station (Map p126) – which is estação on timetables – via Portela de Sintra (Map p124). Scotturb's useful information office, open from 9am to 1pm and 2pm to 8pm, is opposite the station.

Trains (€2.15, 40 minutes) run every 15 minutes between Sintra and Lisbon's Rossio station.



Getting Around

From the train station it's a 1km scenic walk into Sintra-Vila, or you can hop on bus 435, which goes from the station to Sintra-Vila (€0.85). This bus also continues on to Quinta da Regaleira and Palácio de Monserrate.

A handy bus for accessing the Castelo dos Mouros is the Scotturb bus 434 (€5), which runs frequently from the train station via Sintra-Vila to the castle (10 minutes), Palácio da Pena (15 minutes) and back. One ticket gives you hop-on, hop-off access (in one direction; no backtracking).

CAR & MOTORCYCLE

Driving can be a challenge on the narrow roads around Sintra. Parking is limited around town and there are very few spaces at Palácio Nacional de Pena, so it's better to avoid driving there in busy times. For parking near town, there's a free car park below Sintra-Vila; follow the signs by the câmara municipal (town hall) in Estefânia. Alternatively, park at Portela Interface and take the bus.

TAXI

Taxis are available at the train station or opposite Sintra-Vila post office. They are metered, so fares depend on traffic. Count on about €8 one way to Palácio Nacional da Pena. If you want them to wait, you'll have to negotiate a fare: expect to pay about €30 to €35 for a return visit to Convento dos Capuchos.

TRAM

On weekends. Sintra's restored electric tram. the Elétrico de Sintra (www.cm-sintra.pt; oneway €2; ⊕ Fri-Sun) offers access to the coast, running from Rua Alves Roçadas near Portela de Sintra train station, arriving at Praia das Maçãs 45 minutes later. Trams depart hourly from 9am to 6pm from Friday to Sunday. The last tram back leaves the beach around 7pm.

West of Sintra

Precipitous cliffs and crescent-shaped bays pummelled by the Atlantic lie just 12km west of Sintra. Previous host of the European Surfing Championships, Praia Grande lures surfers and bodyboarders to its big sandy beach with ripping breakers. Clamber over the cliffs to spot dinosaur fossils. Family-friendly Praia das Maçãs has a sweep of gold sand, backed by a lively little resort. Azenhas do Mar, 2km further, is a cliff-hanger of a village, where a jumble of whitewashed, red-roofed houses tumble down the crags to a free saltwater pool (only accessible when the sea is calm).

En route to the beaches, ridgetop Colares makes a great pit stop with its panoramas, stuck-in-time village charm and wines dating back to the 13th century. The vines grown today are the only ones in Europe to have survived the 19th-century phylloxera plague, saved by their deep roots and sandy soil. To purchase some of the venerable wines, visit Adega Regional de Colares (2 219 291 210; Alameda Coronel, Linhares de Lima 32).

Wild and wonderful Cabo da Roca (Rock Cape) is a sheer 150m cliff, facing the roaring sea, 18km west of Sintra. It's Europe's westernmost point and a terrific sunset spot. Though a steady trickle of visitors come to see the lighthouse and buy an I'vebeen-there certificate at the turismo, it still has an air of rugged, windswept remoteness.

Just before reaching Cabo da Roca, there's a small sign indicating the turnoff to Praia Ursa. From here it's a 20-minute descent along a treacherous path (take care!) to a beautiful deserted beach (bring your own food and drinks). You might see a few nudists there in the summer. From here you can continue walking along the coast another 5km to Praia Grande.

Sleeping

Residencial Real

GUESTHOUSE € (219 292 002; residencialreal.pmacas@gmail. com; Rua Fernão Magalhães, Praia das Maçãs; d with/without view €55/45; 🗟) For spacious, immaculate rooms with expansive ocean views, you can't beat this homely guesthouse right on the beach at Praia das Macãs. There's wi-fi in the lobby only and breakfast isn't included.

Estalagem de Colares

GUESTHOUSE €€

(210 445 167; Av Amilcar Augusto Gil 142, Colares; s/d from €60/80; **P ***) Peeking above lush greenery, this whitewashed villa is a calm retreat with large, clean rooms and a peaceful garden.

Hotel Arribas

HOTEL €€

(219 289 050; www.hotelarribas.pt; Av Alfredo Coelho 28, Praia Grande; d €72-100; P 🕸 @ 🕿 🔘 While this 39-room, scallop-shaped hotel isn't a pretty face, its sea views over Praia Grande and 100m-long ocean-water pool are magnificent. Light, breezy rooms feature fridges, TVs and balconies that are ideal for watching surfers ride the waves.

Eating

Many cafes and seafood restaurants are scattered along Praia Grande; Praia das Maçãs also has a few options.

* Adraga

SEAFOOD €€

(219 280 028; www.restaurantedaadraga.com; Praia da Adraga; seafood €25-45 per kg; ⊗ 1-10pm) This legendary seafood restaurant sits on the edge of a small beach just below Almoçageme. The key to success: no fancy techniques or overdressed dining room – just incredibly fresh fish and seafood cooked to perfection, served up in a friendly, casual setting. Call ahead to reserve a table by the

window. Parking can be tough in the summer (go early if you're driving).

To get there, take the main road into Almoçageme, and just after the plaza, take the first left (Rua da Adraga), which leads down to the beach and restaurant.

Moinho Dom Quixote

INTERNATIONAL €€ (2) 219 292 523; Rua do Campo da Bola, Azoia; mains €7-12; ⊗ noon-2am) This colourfully decorated, kitsch-filled restaurant serves salads, quiches, burgers and bistro fare, but the real draw is the breezy terrace with magnificent views over the coast. Look for the large moinho (windmill) in Azoia, 2.5km south of the Cabo da Roca.

Colares Velho

CONTEMPORARY €€ (≥ 219 292 727; Largo da Igreja, Colares; mains €15-20; ⊗ lunch & dinner Tue-Sat, lunch Sun) Clued-up foodies make sure there's rarely an empty table at this restaurant and tearoom, set in a converted grocery store and tavern. The country-style dining room, bedecked with 200-year-old pinewood dressers, is an elegant setting for flavours such as Roquefort steak and seafood cataplana, accompanied by full-bodied wines. Alternatively, sip Earl Grey and nibble on divine pastries in the tearoom

Azenhas do Mar

SEAFOOD €€€

(219 280 739; www.azenhasdomar.com; Azenhas do Mar; mains €18; ⊗ noon-10pm) Perched above the saltwater pool in Azenhas do Mar, you'll find delicious seafood dishes and grilled fish. The sea views are stunning, especially from the deck. A taxi from Sintra costs about €15.

1 Getting There & Away

Bus 441 from Sintra's Portela Interface runs frequently via Colares to Praia das Maçãs (€3.25, 25 minutes) and on to Azenhas do Mar (€3.25, 30 minutes), stopping at Praia Grande (€3, 25 minutes) three times daily (more in summer). Bus 440 also runs from Sintra to Azenhas do Mar (€3.25, 35 minutes). On weekends, the Elétrico de Sintra (€2) goes from Sintra to Praia das Maçãs via Colares.

Bus 403 to Cascais runs regularly via Cabo da Roca (45 minutes) from Sintra station.

Cascais

POP 35.000

Cascais (kush-kaish) has rocketed from sleepy fishing village to much-loved summertime playground of wave-frolicking lisboêtas ever since King Luís I went for a dip in 1870. Its trio of golden bays attracts sunworshipping holidaymakers, who come to splash in the ice-cold Atlantic. Don't expect to get much sand to yourself at the weekend, though.

There's plenty of post-beach life, with winding lanes leading to small museums, cool gardens, a shiny marina and a pedestrianised old town dotted with designer boutiques and alfresco fish restaurants. After dark, lively bars fuel the party. There's also great surfing at Praia do Guincho, 9km northwest, and running or cycling along the shoreline path.

The train station and nearby bus station are about 250m north of the main pedestrianised drag, Rua Frederico Arouca.

Sights

Igreja de Nossa Senhora da

CHURCH

Assunção through the back alleys west of the *câmara* municipal to the palm-fringed square that is home to the whitewashed Igreja de Nossa Senhora da Assunção, adorned with azulejos predating the 1755 earthquake.

Citadel FORTRESS

The citadel is where the royal family used to spend the summer. Today it houses a luxury hotel - the Pousada de Cascais (www.pou sadas.pt) - which has surprisingly little of interest beyond hotel rooms and a courtyard restaurant. Beyond lies the modern Marina de Cascais with its postcard-perfect lighthouse, sleek yachts and lounge bars.

Casa das Histórias Paula Rego

GALLERY (www.casadashistoriaspaularego.com; Avenida da República 300; ⊗10am-7pm) FREE The Casa das Histórias Paula Rego showcases the evocative paintings of one of Portugal's finest living artists. Exhibits span Rego's career, from early work with collage in the 1950s to the twisted fairy tale-like tableaux of the 1980s, and up to the disturbing realism of more recent years.

Parque Marechal Carmona

(Avenida Rei Humberto II) The wild Parque Marechal Carmona provides a shady retreat from the seaside crowds, with a duck pond, birch and pine trees, palms and eucalyptus, rose gardens and flowering shrubs.

The grounds harbour the Museu Condes de Castro Guimarães (⊕10am-5pm Tue-Sun) FREE, which sits in a whimsical early-19th-century mansion complete with castle turrets and Arabic cloister. The lavishly decorated interior houses 17th-century Indo-Portuguese cabinets, Oriental silk tapestries and 350-year-old *azulejos*.

Museu do Mar

MUSEUM

Boca do Inferno

LOOKOUT

Atlantic waves pummel craggy Boca do Inferno (Mouth of Hell), 2km west of Cascais. It's about a 20-minute walk along the coast, or you can take a taxi (around €4 one-way). Expect a mouthful of small splashes unless a storm is raging.

Beaches

Cascais' three sandy bays - Praia da Conceição, Praia da Rainha and Praia da Ribeira - are fine for a sunbake or a tingly Atlantic dip, but don't expect much towel space in summer.

The best beach is wild, windswept Praia do Guincho, 9km northwest, a mecca to surfers and windsurfers with massive crashing rollers. The strong undertow can be dangerous for swimmers, but Guincho still lures nonsurfers with powder-soft sands, fresh seafood and magical sunsets.

Activities

If you're keen to ride the waves, grab your boardies and check out the surfing courses available at **Moana Surf School** (☑964 449 436; www.moanasurfschool.com; introductory 75min lesson €25, 4 lessons €85). It also rents boards and wetsuits. **Guincho Surf School** (☑917 535 719; 1/2/5 lessons €30/50/100) also offers classes.

Cascais Watersports Centre WATER SPORTS (*) 10am-7.30pm) At Praia da Duquesa, midway between Cascais and Estoril, you can rent pedaloes, canoes and arrange waterskiing jaunts and windsurfing.

Cascais Dive Center

DIVING

(≥919 913 021; www.cascaisdivecenter.com) At Praia da Duquesa, this outfit can take you scuba-diving around the Cascais coastline and beyond with equipment rental and courses.

♣️∜ Festivals & Events

Festas do Mar

CULTURE

This festival in late August celebrates Cascais' maritime heritage with outdoor concerts, nautical parades and fireworks.

Festival de Música da Costa do Estoril

MILICIO

This festival brings classical and jazz concerts to both Cascais and Estoril in July.

Sleeping

It's worth booking in advance if you're visiting in summer, as the best places fill up in a flash.

Camping Orbitur do Guincho CAMPGROUND € (②214 870 450; www.orbitur.pt; bungalows from €64, sites per adult/tent/car €6.50/740/6.50; ⑤) Set back behind the dunes of Praia do Guincho, 9km from Cascais, this pine-shaded site has a restaurant and tennis court. It gets busy in July and August. Buses run frequently to Guincho from Cascais.

Residencial Solar

Dom Carlos

GUESTHOUSE €€

(☑ 214 828 115; www.solardomcarlos.pt; Rua Latino Coelho 104; s/d €50/70; ⑨ ⑩ ⑦) Hidden down a sleepy alley, this 16th-century former royal residence turned guesthouse retains lots of original features from chandeliers to wood beams, azulejos and a frescoed breakfast room. The high-ceilinged rooms are spacious and traditional. Don't miss the 400-year-old chapel where Dom Carlos used to pray.

Residencial Parsi

GUESTHOUSE €€

(214 861 309; www.residencial-parsi.com; Rua Afonso Sanches 8; d without breakfast €50-75; 1n a crumbling, characterful building near the waterfront, Parsi's seven rooms have wood floors set above a noisy Irish pub (light sleepers take note). The stuccoed front room (€100) has sea views. It's intimate and friendly.

Agarre o Momento

GUESTHOUSE €€

(214 064 532; www.agarreomomento.com; Rua Joaquim Ereira 458; d €60; @ ②) This welcoming guesthouse in a peaceful residential neighbourhood has bright, airy rooms plus



a garden, shared kitchen and bike rental. Three rooms have en suite, while the other three share a bathroom. It's a 15-minute walk (1.5km) north of the station, or a €4.50 taxi ride.

Albatroz Bayside Villa BOUTIQUE HOTEL €€€ (214 863 410; www.albatrozhotels.com; Rua Fernandes Tomás 1; d from €150; *@ 🖘 🕮) Facing the bay, this place has just 11 individually decorated rooms - some flowery, some with ornamental fireplace. The best rooms sport terraces, Jacuzzi tubs and ocean views.

Casa Vela

GUESTHOUSE €€€ (214 868 972; www.casavelahotel.com; Rua dos Bem Lembrados 17; d from €135; P ♣ 🕿) The friendly Casa Vela has earned many admirers for its bright and attractive rooms set with modern furnishings. Some rooms have a balcony overlooking the lovely gardens and pool. It's in a peaceful neighbourhood about a 10-minute walk to the old town centre

Casa da Pergola

(214 840 040; www.pergolahouse.pt; Av Valbom 13; d €155) An oasis of calm with a lush garden and bougainvillea-draped facade, this century-old manor is a family heirloom. A marble staircase sweeps up to six classically elegant rooms with stucco, dark-wood trappings and sparkling bathrooms; several have garden-facing balconies. Relax in the antique-filled sitting room or with a glass of complimentary port in the evening.

X Eating

You'll find a glut of restaurants with alfresco seating along pedestrianised Rua Frederico Arouca and cobbled Largo Cidade de Vitória. For seafood and sunsets, make for the ocean-facing restaurants in Guincho.

Santini

ICE CREAM € (214 833 709; Av Valbom 28F; 2/3/4 scoops €2.60/4.50/5.80; ⊕11am-midnight) All hail

Cascais	
⊙ Sights	S Eating
1 Casa das Histórias Paula Rego A4	13 ApeadeiroB3
2 Centro Cultural de Cascais	14 Baía do PeixeC4
3 Citadel	15 Confraria SushiB4
4 Igreja de Nossa Senhora da	16 House of WondersC2
AssunçãoB4	17 Jardim dos FrangosB2
5 Marina de Cascais	18 Santini
6 Museu do Mar	
7 Parque Marechal Carmona B4	C Drinking & Nightlife
	19 BaluarteC4
Sleeping	20 Esplanada RainhaC2
8 Albatroz Bayside Villa	21 O Luain's
9 Casa da PergolaC2	22 O'Neill'sB3
10 Pousada de Cascais	
11 Residencial ParsiB3	Shopping
12 Residencial Solar Dom Carlos B3	23 Cascais Villa Shopping Centre
	24 Coromicarto P4

Santini for its creamy, rich, 100% natural gelati, made to an age-old family recipe. Join the line, grab a cone and eat quickly before it melts.

House of Wonders

CAFE € (Largo da Misericordia; light meals €4-8;

11am-8pm, until 11pm Jun-Aug; 🗟 🗷) Tucked away in the old quarter, this charming Dutch-owned cafe is a traveller's delight. Aside from warm, welcoming ambience and an artwork-filled interior, you'll find beautifully presented salads, quiches, soups and desserts. Best of all is the rustic rooftop terrace, with picturesque views over Cascais - perfect for an afternoon or early evening drink.

Jardim dos Frangos

CHICKEN €€ (214 861 717; Av Marginal; mains €7-14; ⊗ noon-11pm) Whiffs of grilled chicken and piri-piri lure hungry locals to the pavement terrace of this no-frills joint.

Apeadeiro

SEAFOOD €€ (Avenida Vasco da Gama 252: mains €7-12:

□ lunch & dinner Tue-Sun) With simple decor, this sunny restaurant is known for its superb chargrilled fish served up at reasonable prices.

Páteo do Petisco PORTUGUESE €€ (214 820 036; Travessa das Amoreiras 5; tapas €5-9; ⊗ noon-11.30pm Tue-Sun) To escape the high prices and tourist masses in the old town, head out to this local favourite in the Torre neighbourhood. It's a buzzing place, with a friendly, tavern-like vibe and goodvalue Portuguese-style tapas - ideal for sharing with friends. It's about 3km northwest of the old town centre, best reached by taxi (around €5). Reserve ahead.

Casa da Guia

INTERNATIONAL €€

(www.casadaguia.com; Av Nossa Senhora do Cabo 101) Among palm and pine trees, this lush waterfront complex contains a handful of shops, cafes and restaurants with outdoor terraces overlooking the deep blue Atlantic. Restaurants include a grillhouse, a sushi place and the quaint Bistro Garbo, serving pizzas, pastas and Swedish fare (mains €10 to €15). It's located on the main coastal road, about 3km west of the historic centre (and 1.3km west of Boca do Inferno).

Confraria Sushi

IAPANESE €€

(Rua Luís Xavier Palmeirim 16: salads/sushi plates from €12/15; ⊗ noon-midnight Tue-Sun) It's hard to know where to look first at this bright, art-slung cafe, jazzed up with flower prints, zebra stripes and technicolour glass chandeliers. It's a fun spot for sushi and salads, and there's a handful of tables on the sunny patio.

Baía do Peixe

SEAFOOD €€

(214 865 157; Av Dom Carlos I 6; all-you-can-eat fish/shellfish €14/20: ⊗ lunch & dinner Tue-Sun) Seafood lovers take note: Baía do Peixe serves rodizio style, meaning waiters bring around either fish (four or five types, plus squid) or shellfish (including ovsters. prawns, crab, cockles and clam dishes) and you select what you like from the plate. There's a two-person minimum for the shellfish option. Lunch specials (from €9) are also good value.

Mar do Inferno

SEAFOOD €€€

(214 832 218; Av Rei Humberto II de Italia; mains €16-25; ⊗ lunch & dinner Thu-Tue) Near the Boca

do Inferno, this humble-looking place serves superb seafood dishes to ocean views. Its mouth-watering mixed platters for two (€40 to €88) are legendary. The service, however, is so-so. Reserve ahead to score a table on the terrace.



Drinking & Nightlife

The pub-like bars huddling around Largo Luís de Camões fill with a good-time crowd after sundown.

Baluarte

LOUNGE

PUB

(214 865 157: Av Dom Carlos I 6: 4pm-2am) Baluarte is an upscale, smoke-filled place with swirly gold wallpaper, tub chairs and bold purple splashes. It offers sea views, well-mixed cocktails and occasional DJ nights.

O Luain's

(214 861 627; Rua da Palmeira 4A) For the craic in Cascais, it has to be this cheery Irish watering hole. Pull up a stool for Guinness and live jam sessions on weekends.

O'Neill's

(214 868 230: Rua Afonso Sanches 8) An Irish number with banter and a passion for the pint, O'Neill's has live music at 11pm most nights.

Esplanada Rainha

OUTDOOR BAR

(Largo da Rainha; \$\infty\$10am-10pm) For sundowners with a sea view, head to this outdoor place with a pleasant vista overlooking Praia da Rainha beach.

Jardim Cerveja

OUTDOOR BAR

(Parque Marechal Carmona; \$\infty\$1pm-1am) On the edge of leafy Parque Marechal Carmona, this place has a large open-air terrace that makes a refreshing spot for a pint of Erdinger or

FREE WHEELS

For a spin out along the coast, take advantage of Cascais' free bike hire. The bikes are available from 8am to 7pm daily at various points around town, including Largo da Estação near the train station. Demand is naturally high, so arrive early and bring some form of ID. There's a bicycle path that runs the entire 9km stretch from Cascais to Guincho. A shorter route is along the attractive seafront promenade to Estoril, 2km east.

Guinness. There's live music on Friday and Saturday nights from 10pm.



Shopping

In the old quarter, Rua Frederico Arouca is sprinkled with boutiques and souvenir shops.

Cascais Villa

Shopping Centre

MALL

(Av Marginal; @10am-11pm) Near the bus station, this mall shelters a cinema, supermarket and a string of other shops.

Mercado Municipal

MARKET

(Av Dom Pedro I & Rua Padre Moisés da Silva; ⊗ 6.30am-2pm Wed & Sat) Cascais' bustling municipal market tempts with fresh local produce such as juicy Algarve nectarines, glossy olives, wagon wheel-sized cheeses and bread.

Ceramicarte

(≥ 214 840 170; Largo da Assunção 3; ⊕ 10.30am-1.30pm & 3-6pm Mon-Fri, 10.30am-1pm Sat) This eye-catching gallery showcases Luís Soares' bright, abstract fused-glass creations, from iewellery to tableware.



1 Information

Banco Espírito Santo (214 864 302; Largo Luís de Camões 40) Has an ATM.

Cascais Hospital (214 827 700; Rua Padre JM Loureiro)

International Medical Centre (Instituto Médico de Cascais: 214 845 317: Av Pedro Álvares Cabral 242) English-speaking, pricey but fast, with 24-hour service available.

Main Police Station (214 861 127; Rua Afonso Sanches)

Post Office (Av Marginal;

8.30am-6pm Mon-Fri) Also has NetPost.

Tourist Police Post (214 863 929: Rua Visconde da Luz) Next to the turismo.

Turismo (214 868 204: www.visiteestoril. com; Rua Visconde da Luz 14;

9am-1pm & 2-7pm Mon-Sat) Surprisingly unhelpful. Sells a map of Cascais.



Getting There & Away

Bus 417 goes about hourly from Cascais to Sintra (€4.05, 30 minutes). For a more scenic view take bus 403 (€4.05, 40 minutes), which goes via Cabo da Roca (30 minutes).

Trains run from Lisbon's Cais do Sodré station to Cascais via Estoril (€2.15, 40 minutes, every 20 minutes).

It's only 2km to Estoril, so it doesn't take long to walk the seafront route.

Getting Around

Buses 405 and 415 go to Guincho (€2.60, 20 minutes, about hourly from 7am to 7pm). For a taxi, call 214 660 101.

Estoril

POP 24,000

With its swish hotels, turreted villas and glitzy casino, Estoril (shtoe-reel) once fancied itself as the Portuguese Riviera. The rich and famous came here to frolic in the sea, stroll palm-fringed landscaped gardens and fritter away their fortunes. Though it still has a whiff of faded aristocracy, those heady days of grandeur have passed. Today, there isn't much to Estoril aside from its beach and casino, and overnight guests may end up wishing they'd stayed in livelier Cascais.

Estoril was where Ian Fleming hit on the idea for Casino Royale, as he stalked Yugoslav double agent Dusko Popov at its casino. During WWII, the town heaved with exiles and spies (including Graham Greene, another British intelligence man and author).

The bus and train stations are a stone's throw from the beach on Avenida Marginal, opposite the shady Jardim do Estoril. The casino is at the north end of the park.

Sights & Activities

Estoril's sandy Praia de Tamariz tends to be quieter than the bays in Cascais, and has showers, cafes, beachside bars and a free ocean swimming pool, east of the train station.

Estoril has a world-famous golf scene, including the nationally acclaimed Golf do Estoril.

Estoril Casino CASINO

(214 667 700; www.casino-estoril.pt; Praça José Teodoro dos Santos; gaming/slot machine rooms €4/free; ⊗3pm-3am) The temple-like casino has everything from roulette to poker, blackiack and the ubiquitous slot machines. Its cavernous main restaurant, Preto e Prata (≥ 214 684 521; show €21, dinner €35-44), stages a sparkly floor show nightly, and there's a first-rate Chinese restaurant on the ground floor

Sleeping & Eating

Hotel Smart

GUESTHOUSE €€ (214 682 164; www.hotel-smart.net; Rua Maestro Lacerda 6; d from €65; P 🖘 🕿) The affable

Bandarra family runs this 26-room guesthouse with pride - think manicured lawns, a clean swimming pool and gleaming marble floors. The light-filled rooms have lots of polished wood and tiny balconies.

Garrett do Estoril

PORTUGUESE €

(214 680 365; Av de Nice 54; snacks €3-5; ⊗ 8am-7pm Wed-Mon) A block west of the park, this handsomely set pastelaria (pastry shop) and restaurant impresses with its teas, sandwiches, daily specials and pastries.

Praia de Tamariz

PORTUGUESE €€

(214 681 010: Praia de Tamariz: mains €10-19: @9am-midnight) Overlooking the beach of the same name, this traditional restaurant serves decent, if unsurprising, traditional fare. More memorable are the ocean views from the breezy terrace.

1 Information

Turismo (Av Aida near Av Marginal; ⊗ 10am-1pm & 2-6pm) Near the train station on the west side of the Jardim do Estoril.

Getting There & Away

Bus 412 goes frequently to Cascais (€1.80, five minutes), or it's a pleasant 2km walk or cycle along the seafront.

Queluz

Versailles' fanciful cousin-once-removed, the powder-puff Palácio de Oueluz (214 343 860: adult/child €8.50/7: ⊕9am-5.30pm) was once a hunting lodge, converted in the late 1700s to a royal summer residence. It's surrounded by queen-of-hearts formal gardens, with oak-lined avenues, fountains (including the Fonte de Neptuno, ascribed to Italian master Bernini) and an azuleiolined canal where the royals went boating.

The palace was designed by Portuguese architect Mateus Vicente de Oliveira and French artist Jean-Baptiste Robillon for Prince Dom Pedro in the 1750s. Pedro's niece and wife, Queen Maria I, lived here for most of her reign, going increasingly mad. Her scheming Spanish daughter-in-law, Carlota Joaquina, was quite a match for eccentric British visitor William Beckford. On one occasion she insisted that Beckford run a race with her maid in the garden and then dance a bolero, which he did 'in a delirium of romantic delight'.

Inside is like a chocolate box, with a gilded, mirror-lined Throne Room and Pedro IV's bedroom where he slept under a circular ceiling, surrounded by *Don Quixote* murals. The palace's vast kitchens now house palatial restaurant, **Cozinha Velha** (▶214 356 158; mains €22-28; ⊗ lunch & dinner).

Once you've seen the palace, live the life: the Royal Guard of the Court quarters have been converted into the dazzling **Pousada de Dona Maria I** (214 356 158; www.pousa das.pt; d incl breakfast from €123;), with high-ceilinged rooms that will make you feel as if you're at home with the royals.

1 Getting There & Away

Queluz (keh-loozh) is 12km northwest of Lisbon and makes an easy day trip. Frequent trains from Lisbon's Rossio station stop at Queluz-Belas (€1.55, 18 minutes).

Mafra.

POP 11.000 / ELEV 250M

Mafra, 39km northwest of Lisbon, makes a superb day trip from Lisbon, Sintra or Ericeira. It is home to Palácio Nacional de Mafra, Portugal's extravagant monastery-palace hybrid with 1200 rooms. Nearby is the beautiful former royal park, Tapada Nacional de Mafra, once a hunting ground and still teeming with wild animals and plants.

The monumental palace facade dominates the town. Opposite is a pleasant square, Praça da República, which is lined with cafes and restaurants. Mafra's bus terminal is 1.5km northwest but buses also stop in front of the palace.

Sights

Palácio Nacional de Mafra

(201817550; adult/child €6/free, free 10am-2pm Sun; ②10am-5.30pm Wed-Mon) Wild-spending Dom João V poured pots of Brazilian gold into this baroque palace, covering a mind-boggling 4 sq km and comprising a monastery and basilica. Begun in 1717, the exuberant mock-marble confection is the handiwork of German master Friedrich Ludwig, who trained in Italy and clearly had a kind of Portuguese Vatican in mind. No expense was spared: around 45,000 artisans worked on building its 1200 rooms and two bell towers, which shelter the world's largest collection of bells (92 in total).

When the French invaded Portugal in 1807, Dom João VI and the royals skedad-

dled to Brazil, taking most of Mafra's furniture with them. Imagine the anticlimax when the French found nothing but 20 elderly Franciscan friars. General Junot billeted his troops in the monastery, followed by Wellington and his men. From then on the palace became a military haven. Even today, most of it is used as a military academy.

On a self-guided visit, you'll take in treasures such as the antler-strewn hunting room and a walled bed for mad monks (maybe sent over the edge by all those corridors!). The biggest stunner is the 83.6m-long barrel-vaulted library, housing some 40,000 15th- to 18th-century books, many hand-bound by the monks. It's an appropriate fairy-tale coda to all this extravagance that they're gradually being gnawed away by rats. The basilica of twin bell-tower fame is strikingly restrained by comparison, featuring multihued marble floors and Carrara marble statues.

Tapada Nacional de Mafra

FOREST

(②261 817 050; www.tapadademafra.pt; walker €5, cyclist €10; ③9.30am-5.30pm) The 819-hectare Tapada Nacional de Mafra is where Dom João V used to go a-hunting. Enclosed by an original 21km wall, the grounds are now an environmentally aware game park, home to free-roaming wild boar and red deer, plus smaller numbers of foxes, badgers and eagles.

To appreciate the different ecosystems, hike through its woodlands of Portuguese oak, cork oak and pine; don't miss the 350-year-old cork oak saved from fire in 2003. The 4km trail is a good introduction to the park, but you have a greater chance of spotting animals on one of the more remote 7.5km routes. Also on the grounds is a simple but pleasantly furnished guesthouse (singles/doubles €65/75). On weekends, many activities are on offer, including horse riding (by advance reservation), archery, wagon rides, and taking a tourist 'train' around the park.

The Tapada is about 7km north of Mafra, along the road to Gradil. It's best reached by private transport, as buses are erratic; from Mafra, taxis charge around €10 one way.

Sobreiro

PALACE

MINIATURE VILLAGE

A WOLF IN THE WOODS

There's no need to be afraid of the wolves at the **Centro de Recuperação do Lobo Ibérico** (Iberian Wolf Sanctuary: 261785 037; http://lobo.fc.ul.pt; Vale da Guarda, Picão; adult/concession €5/3; ② 4.30pm & 6pm Sat & Sun May-Sep, 3pm & 4.30pm Sat & Sun Oct-Apr), located near Malveira, 10km east of Mafra. The centre is home to a pack of around 20 wolves that can no longer live in the wild. Set in a forested valley, the centre aims to boost the rapidly dwindling numbers of Portugal's Iberian wolf population (now just 300 in the wild) by affording them safe shelter in a near-to-natural habitat. As the wolves are free to roam in their large enclosures, there's no guarantee that you'll spot them, but encounters are frequent. Visits are by 90-minute guided tours. The sanctuary is best reached by private transport.

some adults, especially when they discover the rustic *adega* (winery) serving red wine and snacks, Most folks bring a picnic.

Sleeping & Eating

Aldeia da Mata Pequena RURAL INN €€

(2)219 270 908; www.aldeiadamatapequena.com; Rua São Francisco de Assis; house €70-130) Located 9km south of Mafra, this unique rural tourism option consists of attractive stone cottages, each with a kitchen, living room and sleeping area. It's set in a tiny village and is best reached by private car, which you'll need to explore the surrounding countryside.

1 Getting There & Around

There are regular **Mafrense** (②261816159; Av Dr Francisco Så Carneiro) buses to/from Ericeira (€2.10, 20 minutes, at least hourly), Sintra (€3.55, 45 minutes) and Lisbon's Campo Grande terminal (€4.10, 75 minutes, at least hourly). Mafra's train station is 6km away from the town centre with infrequent buses; taxis charge around €9 from the station to the town centre. Go to Malveira station instead for easier connections (20 minutes) to Mafra.

Taxis are available in Praça da República.

SETÚBAL PENINSULA

As the mercury rises, the promise of sun, sea and mouth-watering grilled fish lures *lisboêtas* south to the Setúbal Peninsula

for weekends of ozone-enriched fun. Beach bums make for the Costa da Caparica's 8km sweep of golden sand to laze on a lounger, dip in the chilly Atlantic and unwind over sundowners in beachside cafes. The coast gets wilder the further south you venture and Cabo Espichel is wildest of all – a vertiginous cape thrashed by the Atlantic, where you can trace the footprints of dinosaurs.

Edging further south, the vibrant port of Setúbal provides a tonic for a UV overdose. It's a fine place to munch *choco frito* (fried cuttlefish) and spot bottlenose dolphins on a breezy cruise of the marshy Sado estuary. To the west lies Parque Natural da Arrábida, lined with scalloped bays flanked by sheer cliffs that are home to birds of prey. It leads to the fishing town and bay of Sesimbra, laced with cobbled backstreets and overshadowed by a Moorish castle. The coast is great for outdoorsy types, offering activities from scuba-diving and surfing to hiking and canyoning.

Costa da Caparica

Costa da Caparica's seemingly never-ending beach attracts sun-worshipping lisboêtas craving all-over tans, surfers keen to ride Atlantic waves, and day-tripping families seeking clean sea and soft sand. It hasn't escaped development, but head south and the high-rises soon give way to pine forests and mellow beach-shack cafes. The town has the same name as the coastline, and is a cheery place with shops and lots of inflatable seaside tack.

Costa da Caparica town focuses on Praça da Liberdade. West of the *praça*, pedestrianised Rua dos Pescadores, with hotels and restaurants, leads to the seaside and a helpful **tourist office** (p139). The main beach (called Praia do CDS, or Centro Desportivo de Surf), with cafes, bars and surfing clubs along its promenade, is a short walk north. The bus terminal (Av General Humberto Delgado) is 400m northwest of the Praca da Liberdade; additional stops are by the praca.



Beaches

During the summer a narrow-gauge railway runs most of the length of the beach and you can jump off at any one of 20 stops. The nearer beaches, including Praia do Norte and Praia do São Sebastião, are great for families, while the further ones are younger and trendier. Praia do Castelo (stop 11) and Praia da Bela Vista (stop 17) are moresecluded gay and nudist havens.



Activities

Among the hottest surfing spots are São João da Caparica, Praia da Mata and Praia da Sereia. Fonte da Telha (where the train terminates) is the best beach for windsurfing and has plenty of water-sports facilities. Check the handy Tabela de Marés booklet (available at the turismo), listing tide times, surf shops and clubs.

Da Wave (p138) rents out surf- and bodyboards, wetsuits and beach gear (footballs, frisbees and in-line skates).

Caparica Surfing School

SURFING

(212 919 078; www.caparicasurf.com; Praia do CDS; lessons €20;

10am-6pm Sat & Sun) The main surfing school.

Hooked Surf School

SURFING

(2913 615 978; www.hookedsurf.com; intro lesson €25.4 lessons €80) Brian Trigg runs the excellent Hooked Surf School, offering lessons and a kids' surf club at Costa da Caparica, Praia do Guincho and Praia Grande, Call ahead for a pick-up from your accommodation. It also rents out boards and wetsuits.

Cabana Divers

DIVING

(919 390 278: www.cabanadivers.pt: Fonte da Telha) Cabana Divers, with a nicely set-up bar and wicker basket chairs by the beach, provides scuba-diving lessons and all the necessary equipment.

Bicla

CYCLING

(per hr/half-day €3/7.50; ⊕10am-7pm) You can rent bikes for cruising along the beach path from Bicla, which operates out of the beachside restaurant Dragão Vermelha.

Sleeping

Centro de Lazer de São João de Caparica

HOSTEL €

(212 918 250; www.centrolazercaparica.com; Rua Bernardo Santareno 3; dm/s/d with shared bathroom €18/22/37; ≥) Popular with groups, this hostel offers clean and simple rooms and a sparkling swimming pool. There are bikes available for rent, which are useful as it's a bit out of the way (1km to the beach, 2km to Costa da Caparica town itself).

Costa da Caparica

CAMPGROUND €

(212 901 366; bungalows from €64, campsites per adult/tent/car €6.40/8.60/6.30; 🗟) Orbitur's campground, 1km north of Costa da Caparica town, sits 200m from the beach and has a cafe, tennis court and playground.

Residencial Mar e Sol

(212 900 017: www.residencialmaresol.com: Rua dos Pescadores 42; s/d €50/65; *@ @) Mar e Sol offers simple yet comfy rooms in warm hues with parquet floors. There is free internet, bike hire (summer only) and a good Italian restaurant (p139) next door.

Real Caparica

GUESTHOUSE €€

(212 918 870; www.realcaparicahotel.com; Rua Mestre Manuel 18; s/d €45/65; 🕸 🕏) A young crew runs this place, 30m from the beach. Rooms have simple wood furnishings, tile floors and patterned bedspreads; the upstairs rooms are brighter. You can snag a sea-view room for €75.

X Eating & Drinking

In Costa da Caparica town, seafood restaurants line Rua dos Pescadores. Restaurants and open-sided bars on the beach crank up during the summer months.

A Merendeira

SANDWICHES €

(212 904 527: Rua dos Pescadores 20: sandwiches €2.20; ⊕ 10am-1am) This cafe on the main drag serves merendeiras (oven-baked sandwiches with chorizo, beef or cod), and filling daily soups and desserts.

Da Wave

CAFE €€

(Praia Nova; mains €9-11; @ 10am-2am; 🗟) One of many open-sided cafe-restaurants along the beach, Da Wave has a laid-back vibe with its beanbag chairs, loungers and reggae playing overhead. American-style breakfasts, sandwiches, pizzas and juices make up the menu. Find it by heading 500m from town in the direction of the narrow-gauge train.

Napoli

ITALIAN €€ (212 903 197; Rua dos Flores 1; mains €7-12; ian fare draw hungry locals to this unassuming (but smoky) Italian joint at Residencial Mar e Sol.

Bar Waikiki

(212 962 129; Praia da Sereia; sandwiches/ salads/crepes from €3/10/6; @10am-4am Jun-Aug, 10am-7.30pm Mar-May & Sep-Oct) Nicely on its own, this beachfront bar is popular with surfers and has a cool lounge vibe. Great for sundowners, you'll find it at stop 15 on the train.

1 Information

Turismo (**2**212 900 071; ⊗ 9.30am-1pm & 2-5.30pm Mon-Fri) Helpful staff in the modern brown building on the beach.

Getting There & Away

Transportes Sul do Tejo (TST; 217 262 740; www.tsuldotejo.pt) runs regular buses (bus 153) to Costa da Caparica from Lisbon's Praça de Espanha (€2.90, 40 minutes, every 20 to 60 minutes).

The best way to get here is by ferry to Cacilhas (every 15 minutes) from Lisbon's Cais do Sodré, where bus 135 runs to Costa da Caparica town (€3.20, 30 to 45 minutes, every 30 to 60 minutes).

Those who prefer to cycle can do a bikeferry-bike combo from Lisbon. Take the bike path along the Tejo out to Belém, board the ferry to Trafaria, and continue another 3km by bike from there along a bike path to Costa da Caparica.

Getting Around

The train along the beach runs every half-hour from 9am to 7.30pm departing from Praia Nova and making over a dozen stops before reaching Fonte da Telha (adult/child €7.50/2 return), about 1km before the end of the county beach.

Setúbal

POP 114,000

Though hardly a classic beauty, the thriving port town of Setúbal (shtoo-bahl) makes a terrific base for exploring the region's natural assets. Top of the must-do list is a cruise to the marshy wetlands of the Sado estuary, the splashy playground of bottlenose dolphins, flocks of white storks (spring and summer), and wintering flamingos that make the water fizz like pink champagne. You can hike or bike along the dramatic, pine-brushed coastline of Parque Natural da Arrábida, or simply soak up rays on nearby sandy beaches.

Back in town, it's worth taking a stroll through the squares in the pedestrianised old town and clambering up to the hilltop fortress for views over the estuary. The fish reeled the Romans to Setúbal in 412, so it's no surprise that seafood here is delicious. On Avenida Luísa Todi, locals happily while away hours polishing off enormous platters of choco frito and carafes of white wine.

Most sights are within easy walking distance of the pedestrianised centre. The bus station is about 150m north of the centre; the main train station is 700m north of the centre. Frequent ferries shuttle across the Rio Sado to the Tróia peninsula from terminals around Doca do Comércio.

Sights

BAR

Casa da Cultura CULTURAL CENTRE

Sat, to 8pm Sun) FREE Opened in 2012, this sparkling new art space has a packed cultural calendar. Wander through changing exhibitions on the main floor, or stop in for an evening concert of jazz trios, classical quartets, world music and the like, which are held on the open-air Pátio do Dimas. The cinema upstairs has a mix of European arthouse fare, children's animated films and documentaries.

Prices are reasonable: exhibitions are free, films and concerts range from free to €5. Stop in the Cafe das Artes for a drink and to see what's on.

Praça do Bocage

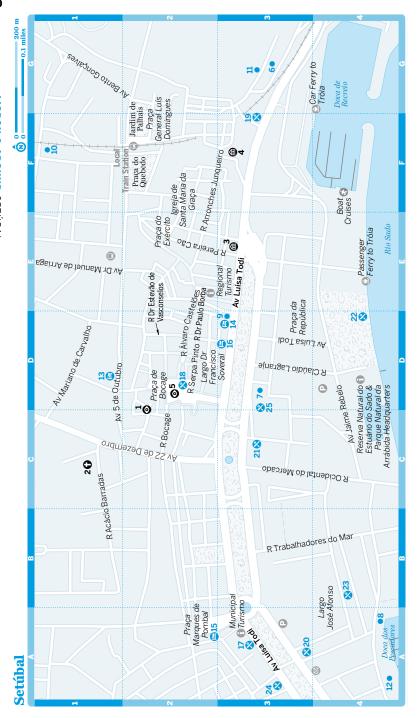
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All streets in the pedestrianised old town seem to lead to this mosaic-cobbled square. presided over by the arcaded pink-andwhite town hall. It's a sunny spot for a wander amid the palms and fountains, or for coffee and people-watching on one of the pavement terraces.

Castelo São Filipe

CASTLE

(⊗ 7am-10pm) Worth the 500m schlep uphill to the west, the castle was built by Filipe I in 1590 to fend off an English attack on the invincible Armada. Converted into a pousada (upmarket inn) in the 1960s, its hulking ramparts afford precipitous views and its chapel is festooned in blue-and-white 18thcentury azulejos.



Setúbal	
⊚ Sights	
1 Casa da Cultura	D2
2 Igreja de Jesus	C1
3 Museu de Arqueologia e	
Etnografia	E3
4 Museu do Trabalho Michel	
Giacometti	F3
5 Praça do Bocage	D2
Activities, Courses & Tours	
6 Blue Coast Bikes	G3
7 Mil Andanças	D3
8 Nautur	
9 Setúbal & Arrábida Bus Tour	
10 Sistemas de Ar Livre	
11 Troiacruze	
12 Vertigem Azul	A4
Sleeping	
13 Blue Coast Hostel	D1
14 Hotel Esperança	D3
15 Hotel Solaris	A2
16 Residencial Tody	D3
⊗ Eating	
17 Baluarte da Avenida	АЗ
18 Botequim du Bocage	D2
19 Casa Santiago	F3
20 Duarte dos Frangos	
21 Mercado do Livramento	
22 Portugália	
23 Solar do Lago	
24 Taifa	
25 Xica Bia	D3

Igreia de Jesus

CHURCH

(Praça Miguel Bombarda; ⊗ 9am-1pm & 2-5.30pm Tue-Sun) FREE Setúbal's architectural stunner is the sand-coloured Igreja de Jesus, one of the earliest examples of Manueline architecture, adorned with gargoyles and twirling turrets. Around the altar, 18th-century blue-and-white geometric azulejos contrast strikingly with the curling arches of the roof. Constructed in 1491, the church was designed by Diogo de Boitaca, better known for his later work on Belém's fantastical Mosteiro dos Jerónimos.

Museu do Trabalho

Michel Giacometti

MUSEUM

(Largo Defensores da República; adult/child €1.15/ free; ⊕9am-12.30pm & 2-5.30pm Tue-Fri, 3-6pm Sat) How does the sardine get in the tin and 1001 other fishy mysteries are solved at this quirky, rarely visited museum, set in a former sardine-canning factory. There's also an entire 1920s grocery, transported from Lisbon wholesale.

Museu de Arqueologia e Etnografia

MUSEUM

Reserva Natural do

Estuário do Sado

NATURE RESERVE

Beaches

While Setúbal itself is a little underwhelming, the coastal scenery outside town is spectacular. Don't miss the chiselled cliffs, pine-brushed hills and picturesque beaches of Parque Natural da Arrábida (p144).

Alternatively, it's an easy 20-minute ferry ride – look out for dolphins on the way – to **Tróia**, where the soft sandy beaches are flanked by dunes.

Tours

Bus Tours

Setúbal & Arrábida Bus Tour

BUS TOUR

(adult/child €10/5; ⊗10am-1pm Sat) The opentopped Setúbal & Arrábida Bus Tour provides hop-on hop-off service to attractions around Setúbal, taking in coastal scenery, village stops (in Azeitão) and clifftop lookouts. Catch the bus along Avenida Luísa Todi, near the Hotel Esperança.

Cycling Tours

To head off on your own, you can hire a bike from **Go Setúbal** (▶962 125 999; http://go setubal.pt; Av Luísa Todi 249; 1/3/8hr €3/7/10).

Blue Coast Bikes

CYCLING TOURS

(2265 092 172; www.bluecoastbikes.travel; Rua das Fontaínhas 82; bike hire per day from €15, guid-

ed tours from €70) An American-Portuguese partnership, based in Setúbal, offers sixand eight-day guided tours through the Douro Valley, around the Alentejo and along the Costa Azul. Their mechanic is a former Portuguese downhill and crosscountry champion.

Cruises & Dolphin-Watching

A highlight of any trip to Setúbal is the chance to spot resident bottlenose dolphins on a cruise of the Sado estuary. The frolicsome fellas show off their dorsal fins to a happy-snappy crowd; listen for their highpitched clicking. Plenty of companies run half-day trips around the estuary (leaving from Doca do Comércio). Book ahead.

Nautur

CRUISE (2265 532 914; www.nautur.com; Rua Praia da Saúde 15E: cruises €28-55) Offers a variety of cruises, starting on the Sado estuary, then

visiting Arrábida beach, before returning to the river for some dolphin-spotting.

Mil Andancas DOLPHIN-WATCHING (2265 532 979; www.mil-andancas.pt; Av Luísa Todi 121) Runs dolphin-spotting river tours

Troiacruze

(€30 per person).

CRUISE

(265 228 482; www.troiacruze.com; Rua das Barrocas 34) Offers dolphin-spotting (€25) and other cruises, such as a sailing galleon along the Sado estuary.

Vertigem Azul

DOLPHIN-WATCHING

(2265 238 000; www.vertigemazul.com; Rua Praia da Saúde 11D) / Offers sustainable threehour dolphin-watching tours in the Sado estuary (€35). It's located 500m west of the centre.

4WD Tours

Mil Andanças offers 4WD tours in Arrábida (half-day €30).

Walking Tours

Sistemas de Ar Livre

WALKING TOUR

(SAL; 2265 227 685; www.sal.pt; Av Manuel Maria Portela 40; per person from €8;

10am Sat & Sun Sep-Jun) The ecotourism company Sistemas de Ar Livre arranges activities including three-hour guided walks in or around Setúbal.

Wine Tours

The tourist office has a free useful leaflet, Rota de Vinhos da Costa Azul, detailing all the wine producers you can visit in the area.

José Maria da Fonseca

WINE TOUR

(212 198 940; www.jmf.pt; Rua José Augusto Coelho 11. Vila Nogueira de Azeitão: visits €3:

10 10 11. 12.15pm & 2-5.30pm) Wine-lovers shouldn't miss the cellar tours of José Maria da Fonseca, the oldest Portuguese producer of table wine and Moscatel de Setúbal, in nearby Vila Nogueira de Azeitão. The winery is now run by the sixth generation of the family. Ring ahead to arrange a visit, From Setúbal, buses leave frequently to Vila Nogueira de Azeitão (20 minutes).

Sleeping

Parque de Campismo

CAMPGROUND €

(265 238 318: www.roteiro-campista.pt: Outão: campsites per adult/tent/car €4.50/6.50/3.20; ★) Situated 4km west of Setúbal, this shady site is right on the coast although it's mostly used by long-term caravanners. It's accessible by regular bus (25 minutes).

Blue Coast Hostel

HOSTEL €

(265 417 837; bluecoasthostel@gmail.com; Avenida 5 de Outubro 140; dm/d €19/40; 🕸 @ 😭) Opened in 2012, Blue Coast has colourful dorm rooms with wood floors, several of which are en suite (doubles, with worn carpeting, are less charming). There's a lounge, a concrete patio in the back and free bikes available. Daily lunches and dinners (€5 each) are a good place to meet other travellers.

Residencial Tody

GUESTHOUSE €

(2265 220 592; http://residencialtodi.pt; Av Luísa Todi 244; s/d with shared bathroom €20/30; 🗟) If street noise doesn't affect your shut-eye, this is a decent cheapie on the main drag. The bare-bones rooms with TV and tiny bathrooms are tidy and clean.

Hotel Esperança

HOTEL €

(2265 521 789; www.hotellunaesperanca.com; Av Luísa Todi 220; s/d €43/53; 🕸 🔊) This shiny sixstorey hotel, with its aquamarine paint job, is a bit of an eyesore, though it does have clean, carpeted rooms with big windows (which you can open to catch some fresh air) and efficient staff. Book higher floors to avoid street noise. Wi-fi is free in the lobby, but charged for in the rooms.

Aqualuz

HOTEL €€

(265 499 000; www.agualuztroia.com; Tróia; d from €99; (♣) (♣) A short stroll from lovely Tróia beach, this resort offers attractive modern rooms with balconies overlooking either the waterfront or the Arrábida mountains. The facilities are extensive, with a spa,

restaurant, bar, pool and golf course. It's a good choice for families who want to be near the beach, but you'll need to take the ferry back to Setúbal if you tire of the handful of marina restaurants. Next door is the slightly pricier Blue & Green Tróia Design Hotel (2265 498 000; www.troiadesignhotel.com; Tróia Marina, Tróia; d from €124; P 🕸 🗟 🕱).

Hotel Solaris

GUESTHOUSE €€ (2265 541 770; www.solarishotel.com.pt; Praça Marguês de Pombal 12; s/d €50/60; ***@**�) Overlooking a lively square, Solaris is a small and friendly option. Rooms have a

neat, trim design with dark wood floors and red, quilted bedspreads; some have small balconies. Breakfast is above-par, with eggs and fresh fruit.

Pousada de São Filipe LUXURY HOTEL €€€ (≥ 265 550 070: www.pousadas.pt: d from €145: Perched high and mighty above Setúbal is this green-shuttered retreat, hidden inside the town's hilltop fortress. Expect vaulted corridors filled with antiques, spacious quarters and dramatic ocean panoramas.

Eating & Drinking

Head to the western end of Avenida Luísa Todi, where alfresco restaurants serve lipsmacking, fresh-from-the-Atlantic seafood. Be sure to sample local specialities such as caldeirada, a hearty fish stew, and choco frito washed down with sweet Moscatel de Setúbal wine.

Mercado do Livramento

MARKET € (Av Luísa Todi; ⊗ 7am-2pm Wed-Sun) Amid lifesize statues of vendors (fruit sellers, fishmongers etc), vou can assemble a first-rate picnic at this enticing cast-iron market: cheese, olives, bread, seasonal fruits and more.

Taifa CAFE €

(Av Luísa Todi 558; mains €6-8;

3pm-midnight Tue-Sun; 🖘 🗷) A nice break from seafood restaurants. Taifa is a jazzy little cafe with outdoor tables and an eclectic menu that includes Thai dishes, Belgian beers, juices and appetisers. The soundtrack is equally diverse, encompassing blues, folk, swing, soul and salsa.

Duarte dos Frangos CHICKEN €

(≥ 265 522 603; Av Luísa Todi 285; mains €5-10; Slunch & dinner Fri-Wed) This cosy spot just south of the old town whips up succulent

roast chicken. The yellow-and-blue decor is cheery, but service can border on matronly.

Botequim du Bocage

(2265 534 077; Praça de Bocage 128; snacks €2-4) Pull up a chair at this cafe terrace on Setúbal's sunny main square. Light bites include quiche, pizza and sweets such as almond tart, and there are daily lunch specials (€5.50).

Portugália

PORTUGUESE €€

(Av Jaime Rebelo 31; mains €11-15; ⊗ noon-10.30pm Sun-Thu, to midnight Fri & Sat) The food is hitor-miss, but its location on a leafy park overlooking the river makes it a fine destination for sunset drinks and snacks. Outdoor seating.

Xica Bia SEAFOOD €€

(265 522 559; Av Luísa Todi 131; mains €11-13; Plunch & dinner Mon-Sat) Fado shawls, wrought-iron chandeliers and copper pots jazz up this brick-vaulted restaurant. Xica Bia serves market-fresh seafood.

Solar do Lago

PORTUGUESE €€

(≥ 265 238 847; Parque das Escolas 40; mains €8-12: ⊗ lunch & dinner) This high-ceilinged restaurant exudes rustic charm with its chunky wooden tables and terracotta tiles. Tasty seafood dishes include garlicky caldeirada (€25 for two) and grilled squid. A handful of outdoor tables overlook a quiet plaza.

Casa Santiago

(265 221 688; Av Luísa Todi 92; mains €7-13; on the grill will reel you into this local favourite, where the hungry lunchtime crowds feast on huge portions of choco frito, served with a squirt of lemon and mounds of fries. rice and salad. It's the best along the strip with a covered terrace and plenty of buzz.

Baluarte da Avenida

SEAFOOD €€

(265 520 040; Av Luísa Todi 524; mains €10-13; ⊗lunch & dinner) Baluarte serves excellent fish and seafood dishes, cooked to perfection without a lot of fuss. Start off with local Azeitão cheese, followed by grilled fish or caldeirada (seafood stew) for two, and finish with a glass of Setúbal moscatel. The downside: smoking is allowed inside the restaurant - quite aggravating for nonsmokers.

Pousada de São Filipe

This smart restaurant has a clifftop terrace with views. The food generally isn't worth

WORTH A TRIP

PARQUE NATURAL DA ARRÁBIDA

Thickly green, hilly and edged by gleaming, clean, golden beaches and chiselled cliffs, the Parque Natural da Arrábida stretches along the southeastern coast of the Setúbal Peninsula from Setúbal to Sesimbra, Covering the 35km-long Serra da Arrábida mountain ridge, this is a protected area rich in Mediterranean plants, from olive, pistachio and strawberry to lavender, thyme and chamomile, with attendant butterflies, beetles and birds (especially birds of prey such as eagles and kestrels), and 70 types of seaweed. Its pine-brushed hills are also home to deer and wild boar.

Highlights here are the long, golden beaches of windsurfer hot-spot Figueirinha and the sheltered bay of Galapo. Most stunning of all is Portinho da Arrábida with fine sand, azure waters and a small 17th-century fort built to protect the monks from Barbary pirates. There are some quartos (private rooms) right on the beach here.

Local honey is delicious, especially that produced in the gardens of the whitewashed, red-roofed Convento da Arrábida (2212 197 620; arrabida@foriente.pt; admission €5; ⊕ Wed-Sun), a 16th-century former monastery overlooking the sea just north of Portinho (call ahead to schedule a visit). Another famous product is Azeitão ewe's cheese, with a characteristic flavour that owes much to lush Arrábida pastures and a variety of thistle used in the curdling process.

Public transport through the middle of the park is nonexistent; some buses serve the beach from July to September (around four daily to Figueirinha). Your best option is to rent a car or motorcycle, or take an organised trip by jeep and/or boat. Be warned: parking is tricky near the beaches, even in the low season.

the price tag, but it's a great setting for a sunset drink.

1 Information

Caixa Geral de Depósitos (Av Luísa Todi 190) Has an ATM.

Hospital São Berardo (265 549 000; Rua Camilo Castelo Branco) Near the Praça de Touros, off Avenida Dom João II.

Municipal Turismo (936 515 845; Av Luísa Todi 468;

9am-8pm Mon-Fri, 10am-7pm Sat & Sun) Excellent information about Setúbal and attractions in the surrounding countryside.

Police Station (2265 522 022; Av 22 de Dezembro)

Regional Turismo (265 539 130: www.costaazul.rts.pt; Travessa Frei Gaspar 10;

9.30am-12.30pm & 2-6pm Mon-Sat) Has a glass floor revealing the remains of a Roman garum (fish condiment) factory. Hands out leaflets on the area.

Getting There & Away

BOAT

Passenger-only catamarans to Tróia depart half-hourly to hourly every day (adult/child return €5.80/3.40). Car ferries (car and driver €13, additional passenger €3.20) run on a similar schedule. Note that car ferries, catamarans and cruises all have different departure points. See www.atlanticferries.pt for departure times.

BUS

Buses run between Setúbal and Lisbon's Praca de Espanha (€4.25 to €6.50, 45 to 60 minutes. at least hourly) - or from Cacilhas (€4.25, 50 minutes, every 15 minutes Monday to Friday, every two hours Saturday and Sunday).

TRAIN

From Lisbon's Sete Rios station at least six IC trains run daily to Setúbal (€9.65, one hour), with a change at Pinhal Novo. You can also catch a frequent ferry from Lisbon's Terreiro do Paço terminal to Barreiro station (€2.30, 30 minutes), from where there are cheaper, frequent urbano (urban) trains to Setúbal (€2.15, 30 minutes).

Getting Around

Cycling is a great way to discover the coast at your own pace. Hire a bike from Goper.

Car-rental agencies include Avis (265 538 710; Av Luísa Todi 96).

Sesimbra

POP 38.000

As well as fine sands, turquoise waters and a Moorish castle slung high above the centre, this former fishing village offers excellent seafood in its waterfront restaurants.

Though the beach gets packed in summer, the town has kept its low-key charm with narrow lanes lined with terracotta-roofed

houses, outdoor cafes and a palm-fringed promenade for lazy ambles. Cruises, guided hikes and scuba-diving activities here include trips to Cabo Espichel, where dinosaurs once roamed. It's 30km southwest of Setúbal, sheltering under the Serra da Arrábida at the western edge of the beautiful Parque Natural da Arrábida.

Sights

Castelo

CASTLE

(**\infty\) 8am-7pm) FREE For sweeping views over dale and coast, roam the snaking ramparts of the Moorish castle, rising 200m above Sesimbra. It was taken by Dom Afonso Henriques in the 12th century, retaken by the Moors, then snatched back by Christians under Dom Sancho I.

The ruins harbour the 18th-century, chalk-white **Igreja Santa Maria do Castelo**; step inside to admire its heavy gold altar and exquisite blue-and-white *azulejos*. The shady castle grounds are ideal for picnics.

Fortaleza de Santiago

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FREE In the town centre, the grandest castle on the sand is 17th-century Fortaleza de Santiago, once part of Portugal's coastal defences and the summertime retreat of Portuguese kings. At research time it was closed for renovations

A Activities

Sesimbra is a great place to get into the outdoors with a backyard full of cliffs for climbing, clear water for scuba diving, Atlantic waves for windsurfing, and miles and miles of unspoilt coastal trails for hiking and cycling. Adrenaline junkies get their thrills with vigorous pursuits from canyoning to rappelling.

Vertente Natural

ADVENTURE SPORTS

(②210 848 919; www.vertentenatural.com; Santana; tours from €25) ♠ An eco-aware, one-stop shop for adventure sports, this Sesimbrabased outfitter offers trekking, canyoning, canoeing, diving and rappelling. It's head-quartered a few kilometres northwest of town.

Aquarama

CRUISE

(≥965 263 157; www.aquarama.com.pt; Av dos Náufragos; adult/child from €18/10) Runs several trips per day to Cabo Espichel on a glassbottomed partially submerged boat. Buy tickets at the office or on the boat.

Surf Clube de Sesimbra

SURFING

(☑ 210 875 139; www.scs.pt; Edificio Mar de Sesimbra, Rua Navegador Rodrigues Soromenho, Lote 1A, Loja 5; 90-minute private/group lesson €40/20) Offers lessons and board hire.

Best Dive

DIVING

(≥ 917 535 980; www.bestdive.pt; Av dos Náufragos; intro course €75-100, single dive incl equipment €46) PADI dive centre offering courses and dives in the Sesimbra area. It's on the beachfront road, 800m west of the Fortaleza de Santiago.

★ Festivals & Events

Cabo Espichel Festival

RELIGIOUS

Spectacularly set, this festival celebrates an alleged apparition of the Virgin Mary during the 15th century; an image of the Virgin is carried through the parishes, ending at the Cape. It takes place on the last Sunday in September.

Senhor Jesus das Chagas

RELIGIOUS

On 4 May, a procession stops twice to bless the land and four times to bless the sea, carrying an image of Christ that is said to have appeared on the beach in the 16th century (usually kept in Misericórdia church).

Sleeping

Forte do Cavalo

CAMPGROUND €

(⊋212 288 508; www.cm-sesimbra.pt; campsites per adult/tent/car €3.50/5.20/2.30; ⊗ Mar-Oct) Camp under the pines at this hilltop municipal site, 1km west of town. It has sea views, a restaurant and a kids' playground.

Parque de Campismo de

Valbom

CAMPGROUND €

(2) 212 687 545; www.roteiro-campista.pt; campsite per adult/tent/car €4/4/3.50; ②) Situated 5km north of Sesimbra off N378, this leafy site has excellent facilities for families including a swimming pool, a playground and minigolf. To get here from Sesimbra, take any Lisbon-bound bus.

Ouinta do Rio

RURAL INN €€

(②212 189 343; www.estalagemquintadorio.com; Alto das Vinhas; s/d €60/70; ☑) Nestled among orange groves and vineyards, this converted quinta (estate), 7km from Sesimbra, is a calm hideaway with light, spacious rooms and mountain views. Ideal for families, the country retreat offers horse riding, tennis and minigolf.

Residencial Náutico

GUESTHOUSE €€

(2)212 233 233; www.residencialnautico.com; Av dos Combatentes 19; d with/without breakfast €80/70; (1) Set 500m uphill from the waterfront, this cheery guesthouse has airy tiledfloor double rooms in citrus shades. The best have terraces that overlook Sesimbra's sun-bleached red rooftops.

Sana Sesimbra

HOTEL €€

(②212 289 000; www.sesimbra.sanahotels.com; Av 25 de Abril; d from €90-102; (▶) Overlooking the sea, Sana has attractive modern rooms with big windows that overlook the ocean or the town and hills beyond (it's worth paying an extra €12 for the sea views). The rooftop pool, bar and restaurant add to the appeal – and it's worth stopping for a drink even if you don't stay here. It's in a good central location, a short stroll east of the Fortaleza de Santiago.



Sea-foodies are in heaven in Sesimbra, where what swims in the Atlantic in the morning lands on plates by midday. Check out the fish restaurants by the waterfront just east of the fort.

Isaías

SEAFOOD €

(2914 574 373; Rua Coronel Barreto 2; mains €6-8;
⊗lunch & dinner Mon-Sat) No menu, no frills, just *the* tastiest grilled fish and cheapest plonk in town at this *tasca* run with love and prowess by Senhor Isaías, his son Carlos and chip maven Maria. Sole, sardines, swordfish – it's all uniformly delicious.

DINO PAWS

Step back 150 million years while hunting for the footprints of dinosaurs on the craggy limestone cliffs just north of Cabo Espichel. The clearly visible imprints are near the small cove of Praia dos Lagosteiros. Rare and remarkably well preserved, the tracks date back to the Late Jurassic Age when this area was the stomping ground of four-legged, long-necked, herbivorous sauropods. Apparently, they were first discovered in the 13th century by fishermen who believed they were made by a giant mule that carried Our Lady of the Cape. Kids and dino fans should take a short ramble to see how many footprints they can find.

Tony Bar

SEAFOOD €€

(2212 233 199; Largo de Bombaldes 19; mains €8-16; ⊗lunch & dinner) This smart restaurant on the square serves up tasty grilled fish. Portions are generous and the service is attentive.

Rihamar

SEAFOOD €€

(2212 234 853; Av dos Náufragos 29; mains €10-20; ⊗lunch & dinner) One of Sesimbra's best, this sleek restaurant faces the beach. Feast away on large seafood platters for two. Choosing a bottle from the arm-long wine list is quite a challenge.

1 Information

Near Fortaleza de Santiago, this helpful **tur**ismo (☑ 212 288 540; Largo da Marinha 26; ※ 9.30am-1pm & 2-5.30pm) is set back slightly from the seafront.

1 Getting There & Around

Buses operated by **Transportes Sul do Tejo** (www.tsuldotejo.pt) leave from Lisbon's Praça de Espanha (€4.25, 60 to 90 minutes, at least 10 daily); from Setúbal (€3.55, 45 minutes, at least nine daily Monday to Saturday, six Sunday); and from Cacilhas (€3.70, around one hour, at least hourly). There are runs to Cabo Espichel (€2.60, 25 minutes, two daily) and more frequent runs to the village of Azóia (€2.60, 10 daily Monday to Saturday, six Sunday), about 3km before the cape.

You can hire bikes or scooters from **Badger** (Av 25 de Abril; bike per half/full day €6/13), near the *turismo*.

Aldeia do Meco

This tiny village, 12km northwest of Sesimbra, is famous for its seafood restaurants.

Praia do Meco is an unspoilt sweep of golden sand, flanked by low-rise cliffs; try to catch one of its mesmerising sunsets.

The big summertime event is the **Super Bock Super Rock** (www.superbocksuperrock. pt) fest in mid-July, with three stages of topname performers lighting up the crowds.

In a quiet wooded setting 1.4km north of the village, the big, fairly modern, whitewashed Country House (②212 685 102; www.country house-meco.com; Rua Alto da Carona, Alfarim; d €50, 2-/4-person apt €65/80; இ⑤) offers four spacious rooms (with coffeemakers and fridge) and three apartments, most with balconies. It's located 2km from the beach and is well signposted.

Right up on the clifftop, large **Campimeco** (2)212 683 374; www.campimeco.blogs.sapo.pt; campsites per adult/tent/car €4.05/3.55/3.55, bungalow from €51; ② is 3km from the village, above Praia das Bicas and close to several beaches. Simple bungalows with kitchens also available.

Beachfront **Bar do Peixe** (2212 684 732; Praia do Meco; mains €7-12; ⊙11am-11pm Wed-Mon), north of Praia das Bicas, has a chilled vibe and a sea-facing terrace. It serves good grilled fish and refreshing carafes of white wine sangria. Other top restaurants are scattered throughout the village, particularly on the main street Rua do Comércio.

Buses run from Sesimbra to Aldeia do Meco ($\ \ \,$ 2.60, 25 minutes, four to eight daily).

Cabo Espichel

At strange, bleak Cabo Espichel, frighteningly tall cliffs – some met by swaths of beach – plunge down into piercing blue sea. The only building on the cape is a huge church, the 18th-century Nossa Senhōra do Cabo, flanked by two arms of desolately empty pilgrims' lodges.

It's easy to see why Wim Wenders used this windswept spot as a location when he was filming *A Lisbon Story*, with its lonely, brooding atmosphere. It's worth your while trying to catch the **Cabo Espichel festival** if you are visiting in September.

Buses to Cabo Espichel run direct from Sesimbra (one-way/return €2.60/4.45, 25 minutes, two daily), while more frequent buses terminate at the village of Azóia (€2.60, 10 daily Monday to Saturday, six Sunday), about 3km before the cape.



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