

LISBON CITY GUIDE - THINGS TO SEE AND DO



See inside for details about getting around, sightseeing, shopping, nightlife and more

About Lisbon

Lisbon is the stunning capital city of Portugal, and is one of the most charismatic and vibrant cities of Europe. It is a city that effortlessly blends traditional heritage, with striking modernism and progressive thinking.

As a holiday destination, Lisbon offers a rich and varied history, a buzzing nightlife and is blessed with a glorious year-round climate. Lisbon is a bustling and exciting city, that boasts a wide choice activities and fascinating tourist attractions.

The city has a welcoming and liberal atmosphere, while still embracing its deep-rooted heritage and extensive history. Lisbon will appeal to diverse selection of ages and tourists; it can form a cultural trip, a nightlife fiesta, a family holiday, a relaxed city-break or even act as a base for a beach holiday.

Moving around – Transportation

The Lisbon transport network works smoothly, although at times it could benefit from a higher frequency of service, it is relatively punctual. The major means of transport in Lisbon are:



Trams: The trams in Lisbon are, not only one of the most useful means of transport to get around the city, but also one of the city's most popular tourist attractions. Portugal's capital currently has 58 trams, of which 40 are vintage streetcars. The heritage trams are small, nostalgic and an emblematic symbol of Lisbon, making for great photos.

One of the most famous is The nostalgic **tram 28** which is an institution in itself. This wooden tram will transport you to another era. Its horn rings constantly to warn absent-minded pedestrians to move out of the way when it runs past the city's long and narrow streets.

The tram links São Jorge Castle and Bairro Alto, crossing various picturesque neighbourhoods for 6 miles, including Graça, Mouraria, Alfama, Baixa, Chiado, Madragoa and Bairro Alto.



Buses: With a relatively limited metro system, the busses are essential to getting around the city, especially when making certain journeys.

Lisbon has a fleet of 600 buses and 146 different routes. Tourists usually use the urban buses during their stay in the city



Funiculars: The “lifts or elevators” in Lisbon are basically funiculars that help locals and tourist climb the steep and long slopes that are so characteristic in Lisbon.

Lisbon has three funiculars, all of which were designed by the Portuguese engineer Raoul Mesnier de Ponsard. He is also responsible for the design of the Santa Justa Lift. The three lifts are called: **Elevador do Lavra**, **Elevador da Glória** and **Elevador da Bica**. The price of a ticket when bought on board is €3.00, however with the 7 Colinas or Vava Viagem card this is €1.50

Elevador do Lavra: The Lavra Lift is the city’s oldest cable car. It connects the streets Câmara Pestana and Largo da Anunciada, which runs perpendicular to Avenida da Liberdade.



Elevador da Glória: The most popular of the three cable cars is the Elevador da Glória. It connects Restauradores Square with Rua San Pedro de Alcântara in Bairro Alto. At the top part you’ll enjoy some magnificent views over Lisbon from San Pedro de Alcântara viewpoint

Elevador da Bica: The Bica Funicular runs though Rua da Bica de Duarte Belo to get to the Bairro Alto. It connects Rua de São Paulo with Calçada do Combro. It is the second most popular "elevator" after Elevador da Glória.

Santa Justa Lift: Like the vintage streetcars that run-in Portugal’s capital, this Lift is not only a convenient means of transportation, but has also become a popular tourist attraction. The Santa Justa Lift is the fastest way to get from the Baixa neighbourhood to the Bairro Alto district.



The Elevador de Santa Justa stands 45m tall and the structure is built in the same style as the renowned French architect, Eiffel.

The similarity between his designs and this Elevator is not accidental, as it was built by Raoul Mesnier de Ponsard, who was an admirer of Gustave Eiffel and applied the same techniques used in some of the funiculars in France of the time.

The Lift has a stunning observation deck at the top and offers magnificent views over Baixa. Since it was opened to the public, it has become one of the most popular viewpoints in Lisbon.

Curiously, this lift can carry 20 people upwards, but can only take 15 people down. Nevertheless, when it was first inaugurated, it held up to 24 people.

Metro: The Lisbon Metro is one of the most beautiful and best cared-for in Europe: a great way to get to the centre from the surrounding areas. It is also the fastest way to get around the city and a good option if you're travelling long distances. It is considered to be one of the best-kept and cleanest metros in Europe.

Is it worth using the Metro in Lisbon?: The Lisbon Metro has two drawbacks; the first is that it is difficult to change lines, since there are very few intersections between them. The second is that it doesn't run past some of the most popular tourist attractions in the city or breath-taking neighbourhoods, such as Belém. These two inconveniences make the subway less useful for tourists. In most cases, you'll find the trams or buses handier and a great way to discover the city.

Not to be missed!



Oceanario de Lisboa is the largest indoor aquarium in Europe.

The Lisbon Oceanarium has a large collection of marine species — penguins, seagulls and other birds; sea otters, sharks, rays, chimaeras, seahorses and other bony fish; starfish, sea urchins and other echinoderms; sea anemones, corals and other cnidaria; octopuses, cuttlefish, sea snails and other mollusks; amphibians; jellyfish; marine plants and terrestrial plants and other marine organisms totalling about 16,000 individuals of 450 species.

The main exhibit is a 11,000 sq ft tank with four large (530 sq ft) acrylic windows on its sides, and smaller focus windows strategically located around it to make sure it is a constant component throughout the exhibit space.



It is 23 ft deep, which allows pelagic swimmers to swim above the bottom dwellers, and provides the illusion of the open ocean. About 100 species from around the world are kept in this tank, including sharks, rays, barracudas, groupers, and moray eels. One of the main attractions is a large sunfish.

Four tanks around the large central tank house four different habitats with their native flora and fauna: the North Atlantic rocky coast, the Antarctic coastal line, the Temperate Pacific kelp forests, and the Tropical Indian coral reefs. These tanks are separated from the central tank only by large sheets of acrylic to provide the illusion of a single large tank. Throughout the first floor there are an additional 25 thematic aquariums with each of the habitats' own characteristics.



The Lisbon Oceanarium is one of the few aquariums in the world to house a sunfish, because of their unique and demanding requirements for care.

Other interesting species include two large spider crabs and two sea otters named Eusébio after the football player and Amália, named after the fado singer Amália Rodrigues.

Pilar 7 Bridge Experience: A new cultural attraction in Lisbon!



Located in Alcântara this interactive centre allows all visitors to have a unique experience of the bridge – considered one of the prettiest in the world – via a tour that takes in the exterior areas of this key pillar and the sensory experience of visiting its interior.

It is a trip through the history of its construction and ends with an elevator ride up to a panoramic viewing point that provides an unrivalled view of the city and the river.

Making use of modern multimedia devices, your visit ends with an immersive virtual reality experience of parts of the bridge that are inaccessible and a call at the Photo Booth so you can record this unforgettable moment.

Discover the Portuguese passion for football on a **Guided tour of Luz Stadium**, home of SL Benfica Football Club, one of the most popular football clubs in Lisbon and Portugal. Then, visit the accompanying museum, and retrace the footsteps of legendary players like Eusébio, Paulo Futre and Mantorras.



Start with a tour of the largest and most modern stadium in Portugal. Home to the 2014 final of the Champions League, Luz Stadium is a multi-purpose stadium that opened in 2003. Walk through the field, visit the changing rooms and press room and take a photo of yourself with the eagle mascot of Sport Lisboa and Benfica.

Learn about football landmarks in the “History of Benfica” exhibition at the Museum Benfica Cosme Damião. Discover more about SL Benfica’s legendary player, Eusébio, and explore the modern, multimedia technology of the museum.

KidZania is an indoor theme park designed for children under 15 years old and their parents. It's a kid-sized replica of a real city where children play adult roles in a highly realistic environment.



They can choose between more than 60 different professions which are practiced in replicas of the most representative establishments of an actual city: **airport, factories, theatre, shops, racetrack, police station, fire department, press, TV studio, stadium and many more.**

The activities are designed to be fun and its contents are developed according to school programmes and seek to teach the children citizenship values and rules, helping them to live in society in a healthy way.

Sun and Sea: In a city where the sun can shine 290 days per year, it is no surprise that there are so many beaches, swimming pools and parks to visit.

From the urban beaches along the **Linha de Cascais** to the multicultural ones in **Costa da Caparica**, remote and crystal-clear beaches of **Arrábida**, and mysterious sands of **Sintra**, there is no lack of seaside areas to enjoy all the health benefits of the sun and sea.



But if sand is not your thing, check out the best public and private pools for a cooling dip when it gets really hot. If you just want to sunbathe, find out where the best parks and pavement cafés are to soak up the maximum amount of the city's rays.

Just a few minutes from Lisbon are the 15 km of beaches at **Costa da Caparica**. It's very easy to get there by catching one of the buses from Praça de Espanha or Campo Grande.

When you get there, the best thing is probably to jump on the mini-train that stops at all the beaches from the centre going south, which vary in mood and crowd.



The beaches in the centre are the busiest, while those further away are popular with those who want to spend the whole day on the sand or sun loungers. Going north, you'll find the calmer **S. João beach**.

All the beaches share the fact of having excellent bars and restaurants where you can order a jar of sangria, grilled fish and a plate of clams. See if the beach doesn't taste better that way.

Beaches of Sintra: Explore the most beautiful Atlantic beaches in the region, where you're as likely to spend the day in beach shorts in the sun as a fleece in the café.



Despite their unexpected mists, the beaches of Sintra manage to be truly enchanting. In **Praia da Adraga**, **Praia Grande** and **Praia das Maçãs**, you'll find resolutely Atlantic beaches with lots of sand and excellent waves.

The pure air, beauty of the hills and the train which descends from the centre of Sintra to the beaches are reasons enough to get to know them. Just minutes from Cape Roca is the mythical **Ursa beach**. Discover the legend and dare to descend, if you have the right footwear.



Oeiras Ocean Pool: Find all the benefits of the beach, without the sand, near Lisbon. Have a swim with all the taste of the sea, but none of the inconvenience.

The Oeiras Ocean Pool is filled with water from the sea and is split into two sections: one for kids and the other for adults with four diving boards.

There are sun loungers, changing rooms, umbrellas and a bar serving light meals. With parking and a fantastic view of the marina and mouth of the Tagus, this is undoubtedly one of the best options when you don't feel like going to the beach but fancy a refreshing swim.

Shopping in Lisbon

Whether you prefer large shopping centres, outlets with the best deals or more traditional shopping streets, there's plenty to choose from. What's more, if you're a fan of second-hand or themed street markets and fairs Lisbon has a wide range of well-known and popular destinations to suit every taste.

Shopping Centres & Outlet

If you'd rather do all your shopping in the same place and find almost all the national and international labels under one roof, Lisbon's shopping centres are the best bet.

With completely different characteristics, customers and atmospheres, check out here what is the best place to spend a few calm hours shopping.

Whether you prefer the sophisticated environment of **Amoreiras** or the monumental size of **Colombo** or the original **Vasco da Gama**, you are bound to find what you are looking for.



Amoreiras Shopping Centre is the flagship mall of Lisbon. Here you will find some of the most prestigious retailers, both Portuguese and International.

Ease of access and bring in a central area of the city makes this a perfect haven for shopping in the comfort of one of the most emblematic buildings in the entire city, recognised by all and proud winner of the Valmor and Municipal Prizes for architecture.

In one of the towers, with shopping for access, is one of the main sights of the city. Due to its location, the lookout provides visitors a unique 360 degree views over Lisbon.



Considered one of the biggest shopping centres in the Iberian Peninsula, **Colombo Shopping Centre** is a reference and a touristic point of interest for those visiting Lisbon.

Marked by a wide variety and comprising more than 340 shops, Colombo has everything you can imagine! More than 60 restaurants, 8 cinemas and an IMAX, an outdoor garden, childrens playground and a baby care room, a bowling alley, a Health & Fitness Club as well as the biggest anchor stores.

All of this ensures that everyday Colombo has the best offer of shopping, services and leisure for its clients

Strategically located in a prime area of Lisbon – the Parque das Nações – the **Vasco da Gama Shopping Centre** gears its offering towards a wide target public that includes not only tourists but also people who live and work in the surrounding area and the cities of Lisbon and Loures.



The centre opened its doors to the public in 2009 and since then has become a benchmark for everyone who values the option of combining shopping with leisure and free-time activities.

To accommodate its many visitors, the Vasco da Gama Centre has around 2,600 parking spaces and 170 shops covering a total gross area of around 49,000m². Apart from the huge selection of shops, the centre also features a six-screen cinema and a health club.

Outlets are another option. These provide excellent deals and great discounts, especially if you are looking for items from old collections and timeless classics. Discover the great quality at the best price available just a few minutes from the city.



Only 30 minutes from the centre of Lisbon, **Freeport Lisboa Fashion Outlet** offers its visitors and customers a unique shopping experience.

Here you will find excellent (inter)national brands (inter)national brands with up to 70% off all year round, from clothing, fashion and travel accessories to perfumery and decoration items.

Beyond the outlet discounts, tourists have access to the VIP Shopping card (additional 10% off in selected stores), may benefit from the Tax Free benefit, and even obtain reimbursement on the very day in which you go shopping.

Shopping Areas

Shopping in Lisbon is an original way to discover the city. With completely different areas relatively close to each other you can change atmosphere, shops and at times century almost without noticing.



The Baixa district is the heart of Lisbon and comprises of magnificent plazas, grand avenues and boutique shopping boulevards.

The district is popular with tourists, as contained within Baixa are many of Lisbon's major tourist attractions, along with a huge variety of restaurants. Baixa is where most tourists should start their tour of Lisbon.

Today the avenues and plazas are crowded with Portuguese shoppers and tourists, there is a real prosperous buzz about the area.

There is a lot to see and do in Baixa, but often the main attraction is just to wander around the impressive avenues and plazas, and embrace the relaxed café culture of Portugal.

Climbing a little further up, **Chiado** is a select area where fashion and art come together amid the galleries and more avant-garde shops and classic studios of the best Portuguese designers.

No visit to this part of the City should go without taking a look around Bertrand, the World's oldest bookstore.

Founded by two French brothers in 1732. It's a mandatory stop on a walk around the Chiado district, with the latest bestsellers on display next to the classics on wooden floor-to-ceiling shelves. There are also national and international newspapers and magazines.

Finally, if you want to shop seriously and find the finest international labels, go to **Avenida da Liberdade** and get ready to walk more than 2.5 km without noticing.

Under the shade of the acacias and palm trees and following the patterns on the cobbled pavements. Luxurious, sophisticated and elegant, here you'll find a different kind of Lisbon.

The Avenida da Liberdade, is Lisbon's main boulevard and the location for designer shops, expensive restaurants and trendy bars.

Between the luxurious and exclusive decadence, there are fine examples of classical 19th-century Portuguese architecture and the two central plazas contain charming water features and grand statues.



Markets & Fairs

Lisbon's fairs all have completely different atmospheres, sellers and buyers. From fairs selling traditional handicrafts to the most recent urban arts and crafts, vintage objects and organic produce markets, there are fairs and markets in Lisbon to suit every taste.

The best known is the flea market, the **Feira da Ladra**, which stores memories through the ages of a departed past. There are also countless other markets, such as the **Benfica Handicrafts Market** or the market at **LX Factory**, which are more urban oriented and enjoyable to discover.

And don't forget to visit the organic markets in the city where you can find the best produce of certified and sometimes even designated origin, with natural products and original flavours.

Lisbon Nightlife

If you want to go out at night, you'll find bars and nightclubs with live music, bands, DJs and even karaoke all around the City where you can have a good time.

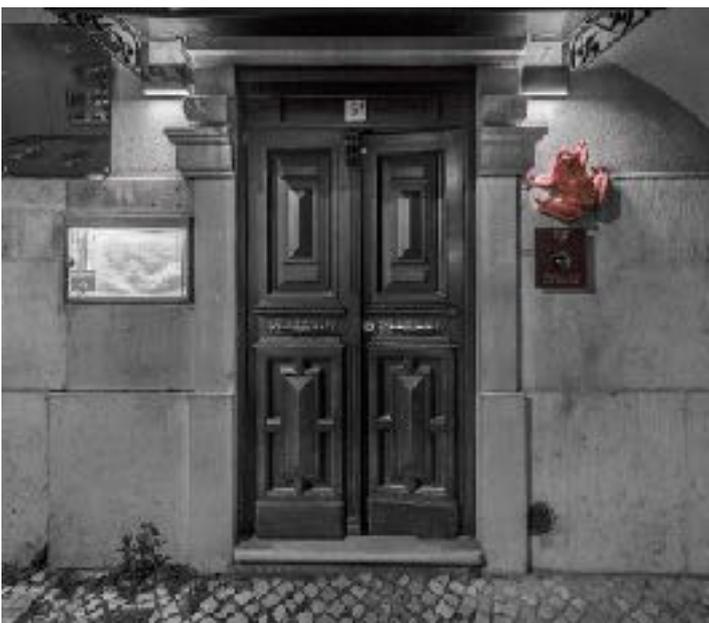
Lisbon's nightlife always starts in the bars after dinner, usually starting to fill up at around 11 pm, in the centre of the city at least. Things start to get lively at around midnight with many clubs only opening their doors at around 2 am. And the fun is guaranteed all through the night until sunrise.

When in Lisbon, you should obviously try the famous Ginjinha sour cherry liqueur, normally drank as a shot from the many kiosks (the locals seem to drink it on their way to work, at lunchtime, and on their way home). There's a great selection of Portuguese gins and local beers, whilst the famous vinho verde "green wine" (young grapes) are a must try.

Bars

Beers vary in size, with most people in Lisbon ordering an "imperial" (20cl) or "lambreta" (15cl). The more standard size in most European cities (50cl) is called "caneca", whilst a bottle is called a "cerveja", or a "mini", for the popular 25 cl size. Virtually all Lisbon bars accept payment by credit or debit card Smoking is still allowed in Lisbon bars (or bar owners ignore the law, at least)

Here are four of the best Bars in Lisbon according to Time Out!



Red Frog - Avenida da Liberdade

The best speakeasy in town, this place is inspired by Prohibition-era bars in the US and has a clandestine air – not least because it is in a basement and you must ring the bell to be let in. (There's even a secret extra room: just ask to be shown it.)

The drinks list was drawn up by some of the city's finest bartenders and is constantly changing, helping Red Frog place on lists of the world's best bars. So when it comes to choosing your drink, just put yourself in their good hands and try something new.



Monkey Mash - Avenida da Liberdade

From the alcohol alchemists of the award-winning Red Frog comes a new, exciting cocktail extravaganza called Monkey Mash.

It's a tropical modern cocktail bar that prides itself on the use of exotic spirits and its experimental approach.

Tequila and cachaça are at the heart of every cocktail and visitors should expect a lot of funky surprises.



Pensão Amor - Cais do Sodré

The name means 'Love Boarding House'; a nod to the building's past as a place of business for sex workers and their clients.

Trendy locals now flock here to see and be seen in the over-the-top lounge bar – a sort of decadent tea room, open from late afternoon – and attached rooms, which include an old-fashioned disco.

There are occasional concerts and the background music is eclectic.



Pavilhão Chinês - Chiado/Cais do Sodré

Open since February 18, 1986, the five rooms of Pavilhão Chinês are dedicated to its founder Luis Pinto Coelho's unbelievable collection of objects.

The collection includes helmets from WW2, toy soldiers, miniature aeroplanes, some of Bordalo Pinheiro's distinctive ceramics, Betty Boops and Action Men.

The snooker table and tie-wearing waiters invoke older times. If you want to impress your tourist friends, this is one of the best places in town.

Getting There

Lisbon International Airport is very well connected. Here are the UK and Ireland airlines that fly there:

Aer Lingus from Dublin.

BA from London-Heathrow.

Easy Jet from Bristol, Edinburgh, London-Gatwick, London-Luton and Manchester.

Jet2 from Birmingham and Manchester

Ryan Air from Dublin, Edinburgh, London-Stansted and Manchester.

Tap Air Portugal from Dublin, London-Gatwick, London-Heathrow and Manchester.

WizzAir from London-Luton



Know before you go

230 / 400 volts, on a 50-hertz frequency. The electric sockets adhere to European standards. Blade plugs (US standard) must be used in conjunction with a 230 volts transformer, as well as an adaptor.

Useful Telephone numbers

National Emergency Number: 112

Police – Tourism Station at Praça dos Restauradores: (+351) 213 421 634 / (+351) 213 421 623

Fire Service: (+351) 213 422 222

Trains (CP): (+351) 808 208 208

Buses (Carris): (+351) 213 613 000

Metro: (+351) 217 980 600

Taxi – Autocoope: (+351) 217 932 756

Lisbon Airport (arrivals and departures): (+351) 218 413 700

“ask me” Tourism Office – Airport: (+351) 218 450 660

How can I make a phone call to, or from, Portugal?

If you wish to call abroad from Portugal, dial 00 + country code + the phone number. You can place international calls from a public phone. Phone booths use coins or cards, which can be purchased at tobacconists' shops.

If you wish to make a phone call within Portugal, just dial the number with no prefixes. The phone number always has 9 digits, whether it is a cell phone or a regular phone.

If you wish to use your mobile in Portugal, you should contact your service provider to make sure you will be able to use your phone in Portugal (some carriers will have to activate international service for your phone). Once those steps are taken at the country of origin, use your mobile in Portugal as if you were calling from a Portuguese line. That is, you will need to dial 00 + country code + phone number to make international calls.

Is smoking prohibited?

Smoking - cigarettes, cigars and pipes - is banned in indoor public places in Portugal (as of 1 January 2008).

The ban prohibits smoking in all government buildings as well as work places, public transport, schools and sports facilities, hospitals, museums, food and beverage establishments, covered car parks, theatres, libraries, and bars and restaurants where smoking is only allowed in designated smoking areas or venues.

Other than cash how else can I pay?

With credit cards: Payment using recognised international credit cards is commonly available in Portuguese shops. They usually have signs indicating this option at the entrance to the establishment. When you make a payment you should show your passport or ID card.

With traveller's cheques: Traveller's cheques, accompanied by a passport, are also accepted in many hotels, restaurants and shops.

Where can you change foreign currency?

You can change currencies in bureaux de change and some banks. This service is also available in many hotels and travel agencies.

Is tipping mandatory?

In Lisbon, tipping is not mandatory and it is not seen as rude not to tip. That being said, the average salary in Lisbon (one of Portugal's most well off cities) is around €900 per month. So, although it is not mandatory, as a traveler make sure to leave a little tip

How can you go online and check your emails?

If you want to connect to the internet, numerous establishments in Portugal offer free WiFi connections: cafes, restaurants, kiosks... You'll also find it in a number of airports, train and bus stations, and some shopping centres and hotels. You may sometimes need to ask for the password. Many venues offer free WiFi in public spaces like parks or squares.

Remember that WiFi connections have a maximum speed limit, so they're mainly useful for finding specific information. You can also connect to the Internet via your mobile device.

How can I send a letter or a postcard?

You can send mail from anywhere in Portugal In order to do it, you need to find stamps, which you can buy at any Post Office and/or Newsstands. To send your mail put it in a mailbox.

Mailboxes are either red (all mail) or blue (all mail but more expensive) and they can be found in the street, at railway and bus stations, and at the airports.

Public Holidays 2022

1st Jan Sat	New Year's Day	15th Aug Mon	Assumption of Mary
15th Apr Fri	Good Friday	5th Oct Wed	Republic Day in Portugal
17th Apr Sun	Easter Sunday	1st Nov Tue	All Saints Day
25th Apr Mon	Freedom Day	1st Dec Thu	Portugal Restoration of Independence Day
1st May Sun	Labour Day	8th Dec Thu	Feast of the Immaculate Conception
10th Jun Fri	Portugal Day	25th Dec Sun	Christmas Day
13th Jun Mon	St Anthony's Day		