



# / 'lɪzbən/

## Survival Guide

Some of the things I know about Lisbon

That you'll also know about Lisbon



Lisbon is known to be built on seven hills: **Castelo, Graça, Monte, Penha de Franca, S.Pedro de Alcântara, Santa Catarina** and **Estrela**. It makes the capital of Portugal similar to cities such as Rome, Istanbul and Moscow.

Make sure you check some of the "miradouros" for best views over the city, one of the best in my opinion is **Nossa senhora do Monte** and the surrounding area. To get there be sure you pass through Mouraria, an area that has been renovated recently that offers many interesting places and views on Lisbon. Once you reach the miradouro you can relax for lunch or a beer with friends there.

**Colour is the place where our brain and the universe meet.“**

**-Paul Klee**



## LOCATIONS OF INTEREST & THINGS TO DO AND SEE

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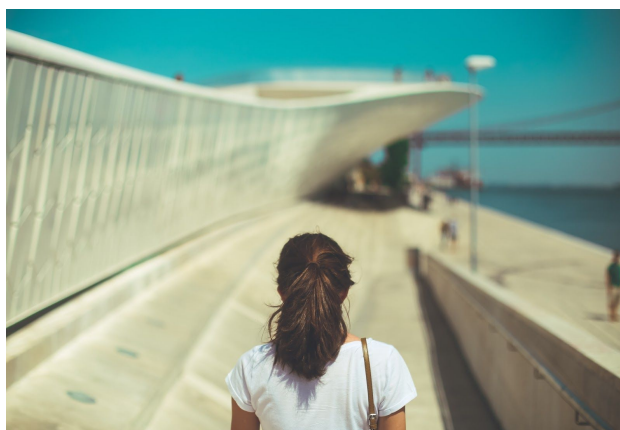
1. The **Castle of Sao Jose**;
2. The **Jardim do Torel** for an evening stroll;
3. If you want to hang out for a day outside Lisbon visit **Cascais** and **Sintra**;
4. Check the two bridges **Vasco da Gama** and **25 de Abril**. The Vasco da Gama Bridge is the longest bridge in Europe - approx. 17,2 km long;
5. Go to **Caparica** (on the other side of the river Tejo) or go to Carcavelos for surfing, sunbathing or chill out on the beach;
6. Visit the **Cristo Rei** (Christ the King statue) - a Catholic monument overlooking the city, standing on the left bank of the river. It was inspired by the Christ the Redeemer statue in Rio de Janeiro in Brazil;
7. Towns such as **Cascais**, Parede, Oeiras form a long line along the coast with their breathtaking views and scenic panorama. You can visit all of them by train from the train station in Cais do Sodre’;
8. Visit **Evora**, **Obidos** or **Ericeira** if you want to spend a day out in a more calm place.

## MUSEUMS AND CULTURE

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Consider spending one day in Belém visiting the **Monastery of Geronimo** and the **Cultural Center of Belem**, it is very worthwhile to get to know the history of Lisbon and Portugal. Meanwhile, you stop to eat the **Pasteis de nata** and other savory delicacies in the bar near the monastery.

1. Check the **Torre de Belem**, a UNESCO World Heritage Site.
2. In the **Expo - Oriente** area don't miss the **Oceanário**, one of Europe's largest aquariums.
3. Visit also the **MUDE**, Museum of Fashion and Design.
4. Check **MAAT**: Museum of Art, Architecture and Technology that hosts national and international exhibitions with contributions by contemporary artists, architects and thinkers.
5. Visit the **Gulbenkian Foundation** in Sao Sebastiao! It has a very nice library and a beautiful garden where you can spend some time relaxing on the grass with ducks.





## EAT & FOOD CULTURE

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One of the best things to try in Lisbon is **pastel de nata**, a legendary traditional Portuguese pastry, the best can be tasted in belem, but **Manteigaria** also has delicious ones (you can find one of their pastry shops in Mercado da Ribeira).



2. Bairro Alto is a very touristic area. Before you decide to sit in any of the restaurants located there always check their reviews as there are a lot of traps;

3. For an aperitif check **casa do Alentejo** (Rua de Portas de Santos Antão), check both inside and outside as the rooms on the second floor are quite nice. All restaurants around casa do Alentejo in the direction of Rossio are tourist traps, so go in the opposite direction and you'll find some very nice ones in terms of food selection and wines. Food from Alentejo is a synonym of good quality.

4. Try the **ginjinha** in the most typical place of lisbon in Rossio, a famous spot in front of the Teatro Nacional D. Maria.
5. In **Mercado da Ribeira** you can find fresh fruit and veg, fish and flowers. In 2014 it became a gourmet food court and now it's Lisbon in chaotic culinary microcosm. Don't miss the Pasteis de Nata of Manteigaria Silva as they are even better than the ones of Belem.
6. Check on Google maps for a place called **Chinese Illegal** and you will end up in a cool place where you can get chinese food, it's not a restaurant it looks more like you are at their house. There are many, I recommend one who is in Mouraria (2nd floor).
7. Try the restaurant **Adega dos Arcos** in Intendente for traditional Portuguese food (the place it is also known as Cova Funda).
8. For a taste of Portuguese typical food on a budget try the restaurant [Casa Java](#) close to Marques de Pombal for lunch. It's a super small place with just a few tables, but very nice inside. They are opened only for lunch.
9. **O Cantinho do Amizade** for lunch. It is very cheap and they have delicious food. On Friday they are open for dinner and play Fado.
10. [O Tacho](#) in São Sebastião. Traditional Portuguese food. No tourists, very nice traditional food, especially fish dishes.
11. [Cova Funda Intendente](#) - They serve traditional Portuguese food for a quite reasonable price. Abundant portions and nice staff, but can get very crowded especially on weekends.
12. [Cervejaria O Zapata](#) - This place located in Bairro Alto also serves delicious traditional Portuguese food. Book in advance if you as there's usually a big crowd. Try their pudding made with pig's fat as it's amazing.
13. [Valdo Gatti](#) - This place is an Italian Pizzeria. A bit expensive, but their pizza is excellent.

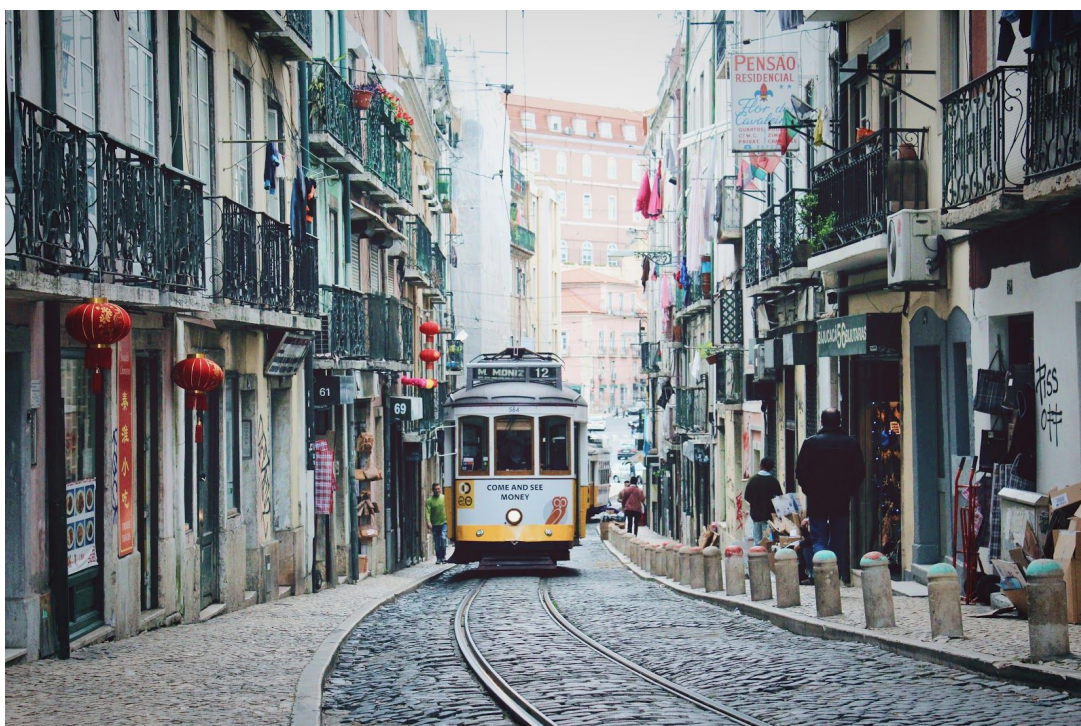
## CITY AREAS

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### I. Bairro Alto

**Baixa Chiado** is the main banking and shopping district in Lisbon. If you are looking for some shopping or something special go there! This is one of the most crowded areas of Lisbon.

Be sure you check the **Miradouro de S. Pedro de Alcântara** from which you can admire the city shape and lights, especially at night. In all the quarter you'll find a nightlife and festive spirit that you'll find hard to believe in the centre of the city.



## II. Alfama

Although it does not have hectic premises, you certainly have the most typical and interesting places for my taste. The fact is that they are hard to find because they are hidden and in the distracted labyrinth of the neighborhood. I suggest you spend at least one evening. Look for the Tejo bar, if you like card and table games or if you know how to play an instrument you'll have fun for sure, and if you're lucky some good artists will play just a meter away from you.

If you want to listen to “Fado” go to **Casa do Fado**, one of the most popular places in Alfama. If you hit the door between one song and the other they let people in, otherwise you wait outside the door because 'it is not allowed to disturb the artists while they are playing. It is a very small and intimate place, certainly a different experience from usual. Less popular and better alternatives are **Tasca do Chico** in Bairro Alto and **Mesa de Frades** but if you won't have dinner there they will allow you to enter only after 11pm.

Check the “**Feira da Ladra**” in Alfama, it is a beautiful open air market where you can find vintage stuff and traditional hand-made products.





### III. Cais do Sodré & Mercado da Ribeira

Many more small bars and clubs to dance, Music Box for alternative music more on indie rock or electronic, others it depends on the day. It is always quite full of people so it will not be difficult to find it. Another one that became quite famous so far is “Pensao Amor” as well in Cais do Sodre’.

It is the only area with bars and small clubs opened until very very late at night, so most of the people end up there. I personally don’t like it at all, very trashy and cheap type of fun and people.

### IV. Santa Apolonia

If you like electronic and live music don’t miss Lux, it’s definitely the best night club in Lisbon in terms of standards and sound system. The entrance is definitely more expensive than in other places, but it’s well known worldwide as they always have a good lineup of artists.

### V. Marvila

Separated from the center of the city there is a neighborhood that grows and improves daily. Abandoned warehouses have become workspaces, skating rinks, artisan breweries and even art galleries. Bordallo and Wasted Rita have already displayed their art there.

It is the neighborhood of artisan beers! You can find **Lince**, **Fabrica Musa**, and **Dois Corvos** Breweries. In Marvila you will find **Fabrica Moderna**, **Lisbon Workhub** and **Cowork todos** are coworking spaces of

sorts. **Fabrica Moderna** is considered to be a creative foundry where ideas are transformed into products. At Lisbon Workhub you can rent your space daily and join several entrepreneurs, freelancers, and nomads who share the same workspace. Several desks in the mythical **Abel Pereira da Fonseca** wine warehouses and an immense source of inspiration.

In this area there are also several bars that will captivate you. I recommend **Hearónimo Baar**, **Armazém 16** and **EKA Palace**.

## VI. Oriente & Parque das Nações

With an attractive riverside location, Parque das Nações easily fills a day if you visit the attractions as well as wander about.

From the impressive Santiago Calatrava **Oriente station** onwards, the whole area has been regenerated for the Expo98 event.

You'll find contemporary buildings by some of the world's best known architects, including Portugal Pavilion by Álvaro Siza, the Oceanarium by Peter Chermayeff, Feira Internacional, an exhibition centre by Barreiros Ferreira, and Vasco de Gama Tower by Leonor Janeiro and Nick Jacobs.



## NIGHTLIFE & VENUES

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- I. **Galeria Zé dos bois** - Art centre created in 1994 as a non-profit organization of civic initiative. It's based at an 18th century palace and has a quite nice terrace in Bairro Alto.
- II. **Crew Hassan** - It's an association with concerts and events almost every day. Don't go if you're claustrophobic and suffer when 200 people are smoking mariujana in the same room.
- III. **Anjos70** - Another association that hosts jam sessions, karaoke and other concerts / events. On the weekend they have a vintage market too!
- IV. **Bus** - Another association. More intimate and calm, very often they have Jazz concerts. One of my favorites.
- V. **Damas** - Concerts and a lot of people. Very hot inside, but nice drinks and staff.
- VI. **Desterro** - Multidisciplinary space mainly focused on music and sound production. For many it's a no go, for others it's considered different. Be aware there are no windows and it's in a basement and many people are smoking inside. It's definitely interesting if you want to check some performances of alternative artists, mainly producers of electronic music.

- VII. **Regueirão dos Anjos** - a cooperative restaurant in a hidden garage, where you wash your own dishes at the end. RDA69 is the name of the cultural and social cooperative that is behind all this. They have been developing several projects in different areas, and there's lots of events to choose from.
  
- VIII. **Titanic** - It depends on the night and music they play. Check in advance, it can get very crowded.
  
- IX. **Music Box** - In Cais do Sodré, they have concerts 4 days a week.
  
- X. **Pensão do Amor** - cool, but mainly for tourists. It's a place in the style of Ruin Bars of Budapest with lots of events and shows.
  
- XI. [LuxFragil](#) - This place is owned by John Malkowich and is most probably Portugal's most internationally renowned venue and one of Lisbon's biggest nightclubs. It's definitely expensive (entrance might be between 15 to 25 depending on the night and artist playing on that night), but their lineup in terms of guests and artists playing might be way better than any other place in the city. Be aware that they might ask you 300 euros to get in if they want to piss you, this might happen in other places in other areas too, this is how it works there. If that happens don't even try to question, don't even try to get in.
  
- XII. **Casa Independente** - was good, now it's very touristic. Meh



