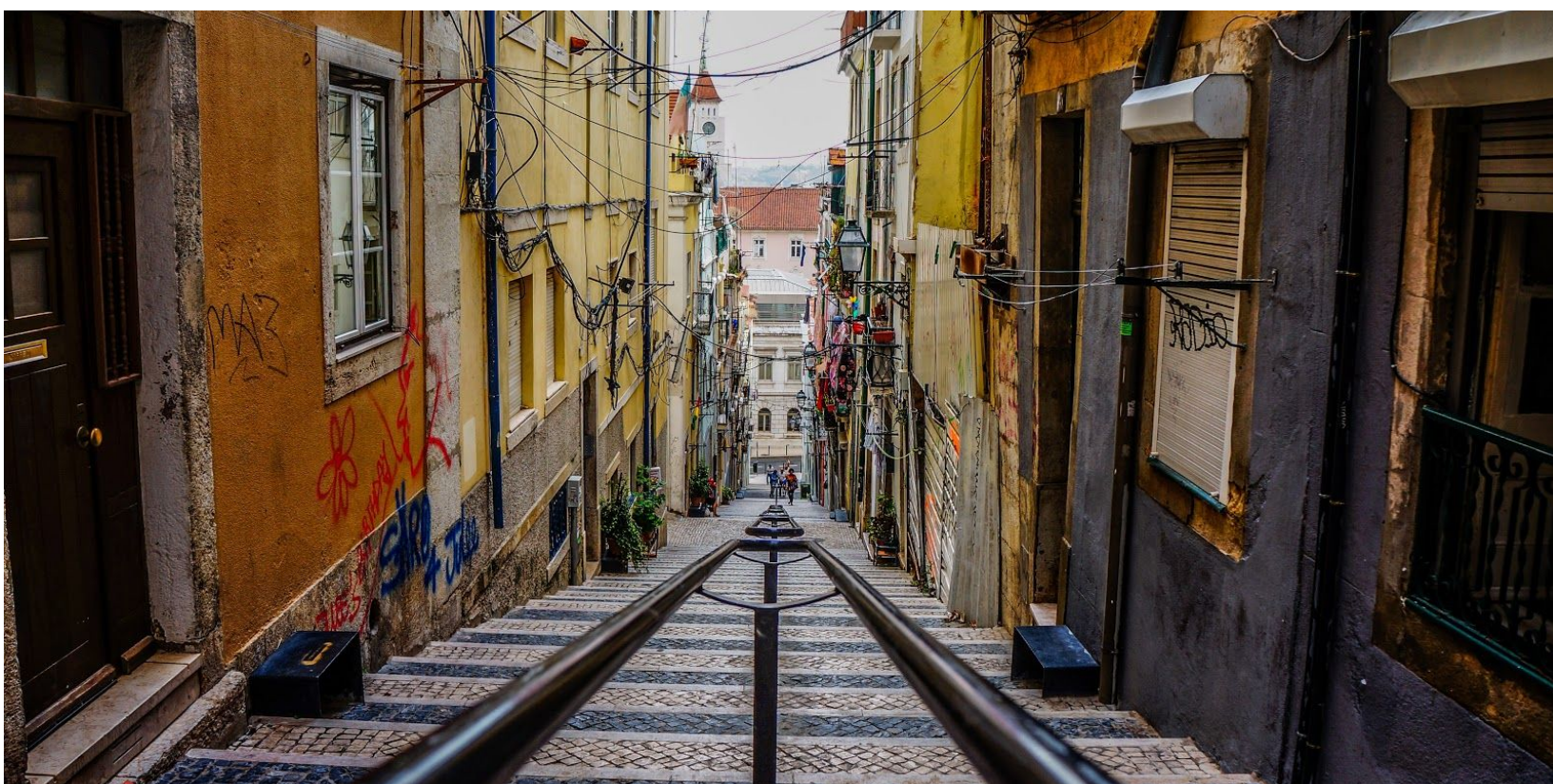


# / 'lɪzbən/

## Survival Guide

Some of the things I know about Lisbon

*That you'll also know about Lisbon*



## INTRO

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Lisbon is 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.

It is the second oldest capital city in Europe, after Athens. First ruled by the Romans, Germans, and Arabs before 1147 when Portuguese crusaders finally conquered it.

The city faces the Tagus river, a river that looks like a sea that stretches towards the Atlantic. That's maybe the reason for that high level of humidity, every time of the year. The city center is compact and strollable and has many charms: views, cobbled streets, rickety trams, reasonably priced and rich cuisine. Despite being super humid, you'll definitely find good weather there. In winter, it reflects the sun's rays, covering the city in tender light. In summer, it offers relief from the heat and brings the scent of the ocean.

Make sure you check some of the "miradouros" for best views over the city, a lovely one is **Nossa senhora do Monte**. To get there pass through Mouraria, an area recently renovated that offers many interesting things to see. Once you reach the miradouro there you can relax for lunch or a beer with friends.

**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. Hang out for a day outside Lisbon visiting **Cascais** and **Sintra**;
4. Check **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 **Carcavelos** – and try surfing, or simply do sunbathing or chill out on the beach;
6. **Cristo Rei** – a Catholic monument overlooking the city, standing on the left bank of the river, 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 stop in each of them taking the train at Cais do Sodre’;
8. Visit **Evora**, **Obidos** or **Ericeira** if you want to spend a day out in a more calm place;
9. Visit **Parque Das Nações** if you want to have a glimpse of how this modern area built for the Expo 1998 looks like;
10. Go to **Setubal** to visit Parque da Arrabida and eat some choco frito, you won’t regret.

## MUSEUMS, PARKS AND CULTURAL STUFF

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1. Spend one day in Belém visiting the **Monastery of Geronimo** + The **Cultural Center of Belem** to get to know the history of Lisbon and Portugal. Meanwhile, you can stop to eat the **Pasteis de nata** in the bar near the monastery;
2. Check the **Torre de Belem**, a UNESCO World Heritage Site;
3. In the **Expo - Oriente** area don't miss the **Oceanário**, one of Europe's largest aquariums;
4. Visit **MUDE**, Museum of Fashion and Design;
5. **MAAT**: Museum of Art, Architecture and Technology - It hosts national and international exhibitions with contributions by contemporary artists, architects and yeah lets say thinkers;
6. **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;
7. **Museu da Sociedade de Geografia** - Hidden place with really nice staff who'll explain a lot of interesting things about Colonies and Portuguese past times. It is usually completely empty;
8. **Convento do Carmo** - a former Catholic convent without the roof. Quite evocative.
9. **Parque Eduardo VII** - one of the biggest public parks in Lisbon from which you can have a decent view of the city.





## FOOD CULTURE ( SHUT UP AND EAT )

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One of the most famous things of Lisbon is **pastel de nata**, a legendary traditional Portuguese pastry, the best can be tasted in Belem, but **Manteigaria** sells too delicious ones in Mercado da Ribeira. There is also a version with beans called **Pastel de Feijão**, looks similar but it's not. All pastry products are quite delicious in Portugal, but they're made with eggs and something, all of them. You'll feel the egg that is in you after a while.



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.

If you feel like eating in a random place consider that almost all restaurants in Rua de Portas de Santos Antão in the direction of Rossio are tourist traps (there's one that is not, but I don't remember the name), 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, so if you find one, it can be a good choice.

A few ideas for eating out:

1. For an aperitif check **casa do Alentejo**. Have a look at both inside and outside as the rooms on the second floor are quite nice.
2. Try the **ginjinha** in the most typical place of lisbon in Rossio, a famous spot in front of the Teatro Nacional D. Maria.
3. In **Mercado da Ribeira** you can find fresh fruit and veggies, fish and flowers. In 2014 it became a gourmet food court and now it's Lisbon in chaotic culinary microcosm. I'm personally not a fan of that place, but if you're there for the first time you can try and decide for yourself.
4. Try the restaurant **Adega dos Arcos** in Intendente for traditional Portuguese food (the place it is also known as Cova Funda).
5. 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.
6. **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.
7. [O Tacho](#) in São Sebastião. Traditional Portuguese food. No tourists, very nice traditional food, especially fish dishes.



8. [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.
  9. Ask local people about **Illegal Chinese**. There are many, I recommend one who is in Mouraria (2nd floor). Bring clothes you can burn after.
  10. [Cervejaria 0 Zapata](#) - Located in Bairro Alto, also serves delicious traditional Portuguese food. Book in advance as there's usually a big crowd. Try their pudding made with pig's fat, amazing!
  11. [Valdo Gatti](#) - This place is an Italian Pizzeria. A bit expensive, but their pizza is excellent.
  12. [Zé da Mouraria](#) - Cheap traditional food, always full, book in advance or go there and fight for a table.
- By the way, try also Queijadas if you can. This time is egg + cheese.





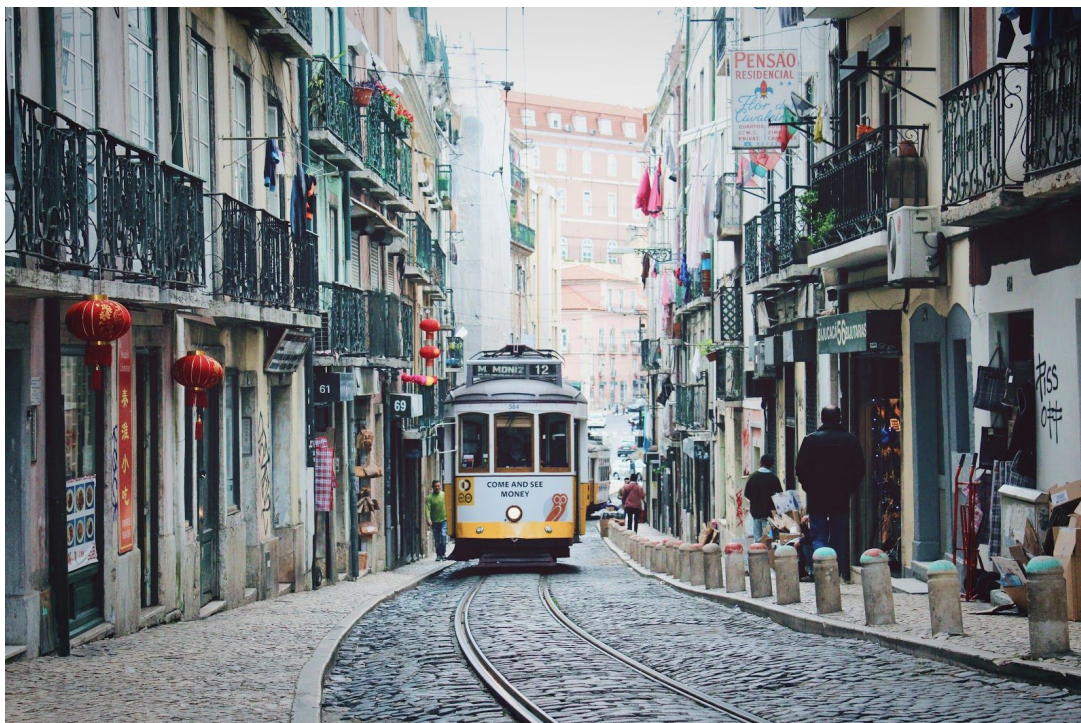
## CITY AREAS

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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're playing in this very small and intimate place. 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 **“Feira da Ladra”** in Alfama, an open air market where you can find vintage stuff and traditional hand-made products. This is how they advertise it, now it's simply super touristic.



### 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. **Secret Garden** - Lovely terrace/*garden* right on the miradouro da Graça with a lot of dj sessions and stunning views of the city.
- III. **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.
- IV. **Anjos70** - Another association that hosts jam sessions, karaoke and other concerts / events. On the weekend they have a vintage market too!
- V. **Bus** - Another association. More intimate and calm, very often they have Jazz concerts. One of my favorites.
- VI. **Damas** - Concerts and a lot of people. Very hot inside, but nice drinks and staff.

- VII. **LxFactory** - Historical industrial complex where you'll find arty retailers, second hand shops & a lot of restaurants. There's a nice library and wall art. Super pricey and overrated, but might make sense to spend a few hours.



- VIII. **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.
- IX. **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.

- X. **Titanic** - It depends on the night and music they play. Check in advance, it can get very crowded.
- XI. **Music Box** - In Cais do Sodré, they have concerts 4 days a week.
- XII. **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.
- XIII. [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 euros depending on the artist playing on that night), but their lineup 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 scam you, this might happen in other places too, it is how it sadly works there sometimes. If it happens don't even try to get in, give up and go home or simply change place.
- XIV. **Casa Independente** - was good, now it's very touristic. Meh!
- XV. [Chapitô à Mesa](#) - Go and check, nice view from Mouraria and interesting events here and then. I'm tired of writing.
- XVI. [Flamingo Bar](#) - Small bar with nice little terrace. Nothing special, just if you pass by.

