

Lisbon is known for being one of Europe's most laid-back and sunniest capitals. Built on seven hills, it's an incredibly scenic city with an unrivaled position by the sea and several sandy beaches just minutes from downtown.

ENPICOM has put together this short guide to help you with some quick tips on how to get around, activity suggestions, and restaurant recommendations.

## Travel Guide to *LISBON*

We hope you experience some of the wonders Lisbon has to offer while you're here for the PEGS conference this year!



# How to get around

Lisbon's transportation is one of its main attractions, with no tourist ever leaving the city without riding one of the vintage trams and funiculars. Those wishing to go on a day trip to Cascais or Sintra, will need to take the train. There is also the possibility of seeing the city from the river by taking a commuter ferry to Cacilhas.

Most forms of public transportation operate from around 6 am to midnight (the metro until 1 am), so outside these hours, you'll need to take a taxi (which is quite inexpensive).

Bus and tram tickets are bought from the driver, except on tram 15 which has ticket machines inside (coins only). However, a transportation card is a major time and money saver (more details below).

Please note: Always hold on to your ticket until the end of the trip in case of inspection.

The Lisboa Card is the best option for tourists, as it not only offers free admission to most monuments and museums, it includes unlimited rides on the buses, trams, funiculars, trains, and metro.

Those who choose not to acquire the Lisboa Card will need the Viva Viagem. It's a magnetic card that can be purchased from the machines at any metro station. It costs €0.50 and is valid for 12 months. It can be used to charge metro or bus fare, or a 24-hour ticket for €6.45, which allows unlimited rides on all public transportation within Lisbon.

## Tram

The iconic trams go through the narrow and picturesque streets of the oldest parts of Lisbon, and also to Belém's monuments to the west. However, they're usually too crowded and much slower than the buses or trains. They've been in operation since 1901, and all of them (except modern tram 15) still have their original wood paneling. They start their day between 6 am and 7 am, and most continue until late at night.

## Bus

Buses go everywhere in Lisbon. Carris is the local bus company, and all vehicles are yellow. Most operate between 6:30 am and midnight. Because the metro does not cover the entire city, the bus is the only way to reach a few tourist attractions, like the Tile Museum and Fronteira Palace. It can also be an alternative to the crowded trams.

## Metro

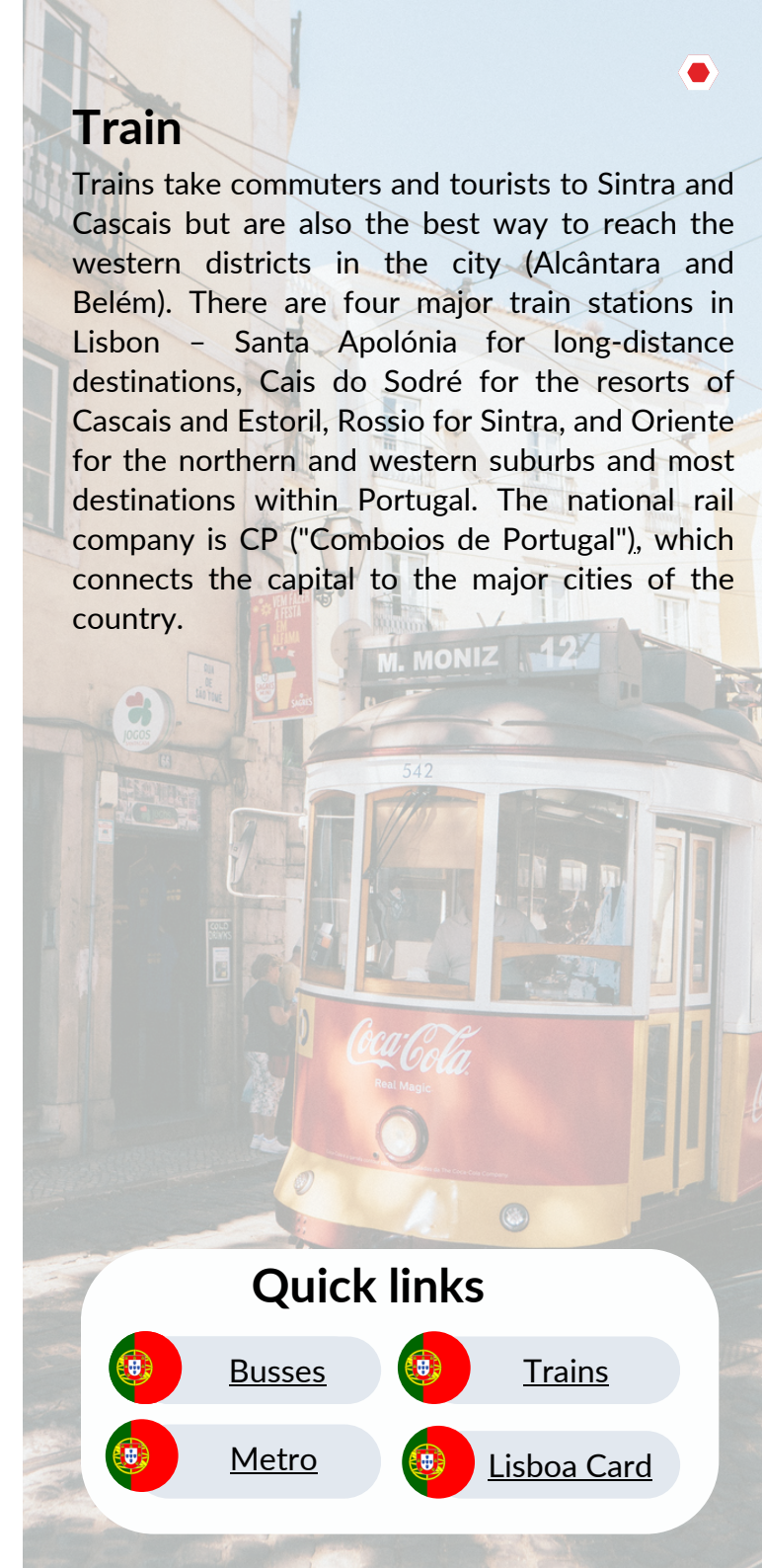
Lisbon's metro has four lines and is the fastest way to get to locations in the central and northern parts of the city. Unfortunately, it doesn't reach the districts to the west (Alcântara and Belém), or the hilly neighborhood of Graça and the highest part of Alfama. Its red line connects the airport to the city center.

## Funiculars

The landmark funiculars or elevators transport locals and tourists to the top of the city's steepest hills. Powered by electricity, they're an environmentally-friendly way to reach the highest neighborhoods, like Bairro.

## Train

Trains take commuters and tourists to Sintra and Cascais but are also the best way to reach the western districts in the city (Alcântara and Belém). There are four major train stations in Lisbon - Santa Apolónia for long-distance destinations, Cais do Sodré for the resorts of Cascais and Estoril, Rossio for Sintra, and Oriente for the northern and western suburbs and most destinations within Portugal. The national rail company is CP ("Comboios de Portugal"), which connects the capital to the major cities of the country.



### Quick links



[Busses](#)



[Trains](#)



[Metro](#)



[Lisboa Card](#)

# Unique sights and things to do

There is a plethora of history in Lisbon, with tales of everything from Roman imperialists to exotic Berber pirates, Moorish builders to fierce Reconquista knights, all wrapped up in the grand palaces and heritage districts.

## Jerónimos Monastery

This World Heritage monument is a marvel of Manueline (Portuguese Gothic) architecture. It was built in 1502 and features magnificent stonework inspired by the sea and the East, particularly in the cloisters. Paid for with the profits from the spice trade, it's the resting place of explorer Vasco da Gama, whose tomb is found at the entrance of the church.



## Quick links

[Jerónimos Monastery](#)

## Belém Tower

Lisbon's most iconic monument rises from the river, where it served as a beacon to the many explorers who departed from this site in the 15th and 16th centuries. Also protected as a World Heritage site, it looks like a small castle out of a fairy tale and is a symbol of the Age of Discovery.



## Parque das Nações

Eastern Lisbon was transformed into a futuristic ocean-themed neighborhood when it was chosen as the site of 1998's World Fair. It's now home to office and apartment buildings, but also to one of the city's greatest attractions, the Oceanarium, which puts all of the world's ocean habitats under one roof.



[Belém Tower](#)

[Parque das Nações](#)

## Rua Augusta Arch

The triumphal arch that once welcomed those arriving in Lisbon by boat now offers visitors one of the best views of the city from the top. From the feet of its gigantic sculptures is a bird's-eye perspective of Lisbon's grandest square opening to the river, the cathedral, and downtown's cobbled streets.



## MAAT

Exhibitions related to modern art, architecture, and technology are presented in an iconic building of curved lines that descends into the river. Even if you don't visit the art inside, you may want to walk over its rooftop, as it serves as a viewpoint, looking out to 25 de Abril Bridge.

[Rua Augusta Arch](#)

[MAAT](#)

# Neighbourhoods to wander

Neighborhood food tours. Day trips to beaches. The city's got it all. Start by strolling the cobblestone streets of Alfama, then hit Bairro Alto for buzzing nightlife.

There are a lot of viewpoints throughout the city that are worth checking while wandering about. To name a few: Miradouro da Graça, Jardim do Toren, Miradouro São Pedro de Alcântara and Miradouro do Monte Agudo.

## Alfama

It is an old, gentle, and humble fishing suburb in Lisbon. Located at the foot of São Jorge Castle, between the hill and the ocean, this neighborhood holds the essence of the city. It's an area full of aromas and mixed emotions, and it's where Fado Music was created back in the 1820s. If you visit the top part of Alfama (near the São Jorge Castle), you'll get some impressive views of the whole neighborhood which runs down to the Tagus River.



## Chiado and Bairro Alto

Chiado is an elegant and bohemian neighborhood in Lisbon, between Bairro Alto and Baixa Pombalina. It's frequently compared to Paris' Montmartre district, rebuilt after it was destroyed by a fire in 1888. The most famous streets are Rua do Carmo, which houses the ruins of a church by the same name, and Rua Garrett, in the center of Chiado. The square and its surrounding streets are full of famous cafés, theatres, and museums.

Bairro Alto, which is adjacent to Chiado, is rather alternative and is probably the best part of the city to find good fado restaurants. The streets are full of graffiti and laundry hanging outdoors. We suggest you take Rua da Misericórdia to get to the Bairro Alto.



## Baixa

It is the most central and renowned neighborhood in Lisbon. It was completely rebuilt by the Marquis of Pombal after the earthquake that destroyed part of the city in the eighteenth century. The district has large classical avenues flanked by houses covered in tiles, in typical Lisbon style. Baixa is packed with stores and restaurants and is always busy during the day.

## Belém

It is the southwestern most district of Lisbon. Far from the city center, but easily accessible, this neighborhood is located at the mouth of the River Tagus. Portugal's various explorers set sail from this part of town to other parts of the world and brought back riches and their many discoveries. In addition, travelers will also enjoy exploring the Monument to the Discoveries (Padrão dos Descobrimentos), the Ponte 25 de Abril, and the National Coach Museum.

And while in Belem, we highly recommend trying the Pastel de Belem!

### Interesting tip:

#### Choosing the perfect beach

**Praia da Conceição** in Cascais is the easiest to reach, as it's by the station where the Lisbon-Cascais train terminates. For that reason, it's usually crowded, but it's quite a scenic beach with calm waters. It's also the starting point of an oceanfront promenade that passes by several other beaches to the neighboring town of Estoril.

Costa da Caparica takes a little longer to reach (by bus). The beaches closer to the bus terminal are the most crowded and less attractive, so for better, wilder, and more beautiful stretches of sand, you need to walk for some time along the shoreline.

Check out the [Lisbon beaches guide here!](#)

# Restaurant recommendations

Try traditional food at Lisbon's tascas, serving local dishes like bacalhau and prego/bifana sandwiches. Don't miss the typical sweets and pastries. Traditional bakeries are everywhere, perfect for breakfast or a snack.

## Augusto Lisboa - Alfama

If it's a tasty brunch you're after, make sure to pop into Augusto Lisboa that'll have you set for a day exploring Lisbon. This little cafe in the Alfama neighborhood is a great place to start the day. You can fill up on some lovely homemade treats before exploring St George's Castle and the winding streets of the neighborhood. It is one of the best restaurants in Lisbon for an early morning feast. [Look at the menu here!](#)

## Floresta Das Escadinhas

If you are looking for traditional Portuguese food, this is the right place. Located in the downtown historic district, this restaurant has served its customers specialties of fish and meat on coal since 1993. [Book a table here!](#)



## STÔ Mercaria

STÔ Mercaria is an authentic place in downtown Lisbon that values some of the best Portuguese producers. The light menu, made from the products available at the grocery store, invites you on a wonderful journey to discover each region of the country. No reservations are needed, just walk in and enjoy the experience. [Check it out!](#)



## Frade dos mares

One of the best restaurants in Lisbon, Frade dos Mares is a real treat and a place you should reserve for a tasty evening meal. Delightful, savoring proposals of fish, meat, and vegetarian dishes in a welcoming, peaceful atmosphere. Their grilled octopus is another treat and well worth ordering once here. [Click here for reservations!](#)



## Quick links

[Augusto Lisboa - Alfama](#)

[Floresta Das Escadinhas](#)

[STÔ Mercaria](#)

[Frade dos mares](#)

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