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# WELCOME TO LISBOA

A TRAVEL GUIDE TO THE CITY

2023

# DIRECTORY OF RECOMMENDED ACTIVITIES

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**Rest & Relax**



## Float Spa in

- Float Spa in offers a unique spa concept of health through water. In addition to massages, programs, and treatments, you can recover your energy with innovative flotation therapy.
- Relaxing Massage (70 minutes): 75€
- Spa a La Carte (160 minutes): 114€
- More offers on website: <https://float-in.pt/>
- Located in Príncipe Real
- T: +351 915 785 821
- **Advanced reservation required**



## BSpa by Karin Herzog

- This spa, unique and exclusive in Portugal for the Swiss brand Karin Herzog. A wide range of beauty treatments and services are offered, the rituals and treatments offered are very varied.
- Hot & Cold Stone Therapy (70 minutes): 125€
- Top Spa Collection Massage (90 minutes): 145€
- More offers [linked here](#).
- Located in Santa Maria de Belém
- T: +351 210 400 220
- **Advanced reservation required**



## Acqua Lisboa City Spa

- Acqua Lisboa City Spa creates a Zen atmosphere, inspired by different regions of the world. The rituals have all been developed in Portugal with 100% natural products.
- Facial and body treatments are available.
- Offers on website: <https://www.acqualisboa.pt/>
- Located in Alto de Ajuda
- T: +351 918 546 767
- **Advanced reservation required**



## Mandalay Spa

- The Mandalay Spa offers a wide variety of luxurious treatments that cater to different needs and preferences. This spa provides a tranquil and rejuvenating experience.
- Abhyanga Massage (55 minutes): 80€
- Kansa ritual massage (80 minutes): 130€
- More offers [linked here](#).
- [Located in Príncipe Real](#)
- T: +351 210 015 740
- **Advanced reservation required**



## Savanna Wellness & Spa

- Provides a relaxing experience to unwind and de-stress located in the heart of the city.
- Relaxing Massage (60 minutes): 130€
- Personalised Massage (30 minutes): 75€
- More offers [linked here](#).
- [Located in Príncipe Real](#)
- T: +351 211 597 390
- **Advanced reservation required**



## Magic Spa Du Pestana Palace

- The Magic Spa at Pestana Palace offers an indulgent escape in a beautifully restored historic palace.
- Aroma Body Massage (60 minutes): 105€
- Magic Aroma Facial (30 minutes): 90€
- More offers on [website](#)
- [Located in Santo Amaro](#)
- T: +351 210 416 815
- **Advanced reservation required**

A photograph of a well-stocked bar shelf. The shelf is filled with various bottles of liquor, including Scotch whisky, gin, and tequila. The bottles are arranged in three rows. The top row features bottles of The Macallan (12, 15, 18), The Glenlivet (12, 18), and Laphroaig (10). The middle row includes J&B Rare Scotch Whisky, Redbreast 12, James Watson's Black Bush Irish Whiskey, Beefeater London Dry Gin, Tanqueray Imported London Dry Gin, Bombay Sapphire Blue Gin, and Hennessy Cognac. The bottom row shows 1800 Tequila Reposado, Fresh Agaves, Avion Silver Tequila, Avion Reposado Tequila, Frangelico Amaretto, and another bottle of Hennessy Cognac. The word "Cocktails" is overlaid in the center in a large, white, sans-serif font.

# Cocktails



## Gin Lovers

- Intimate bar with a wide range of gin and small snacks.
- Average price for cocktails: 14€
- Website: <https://ginlovers.pt/>
- Located in Bairro do Restelo
- T: +351 213 010 212



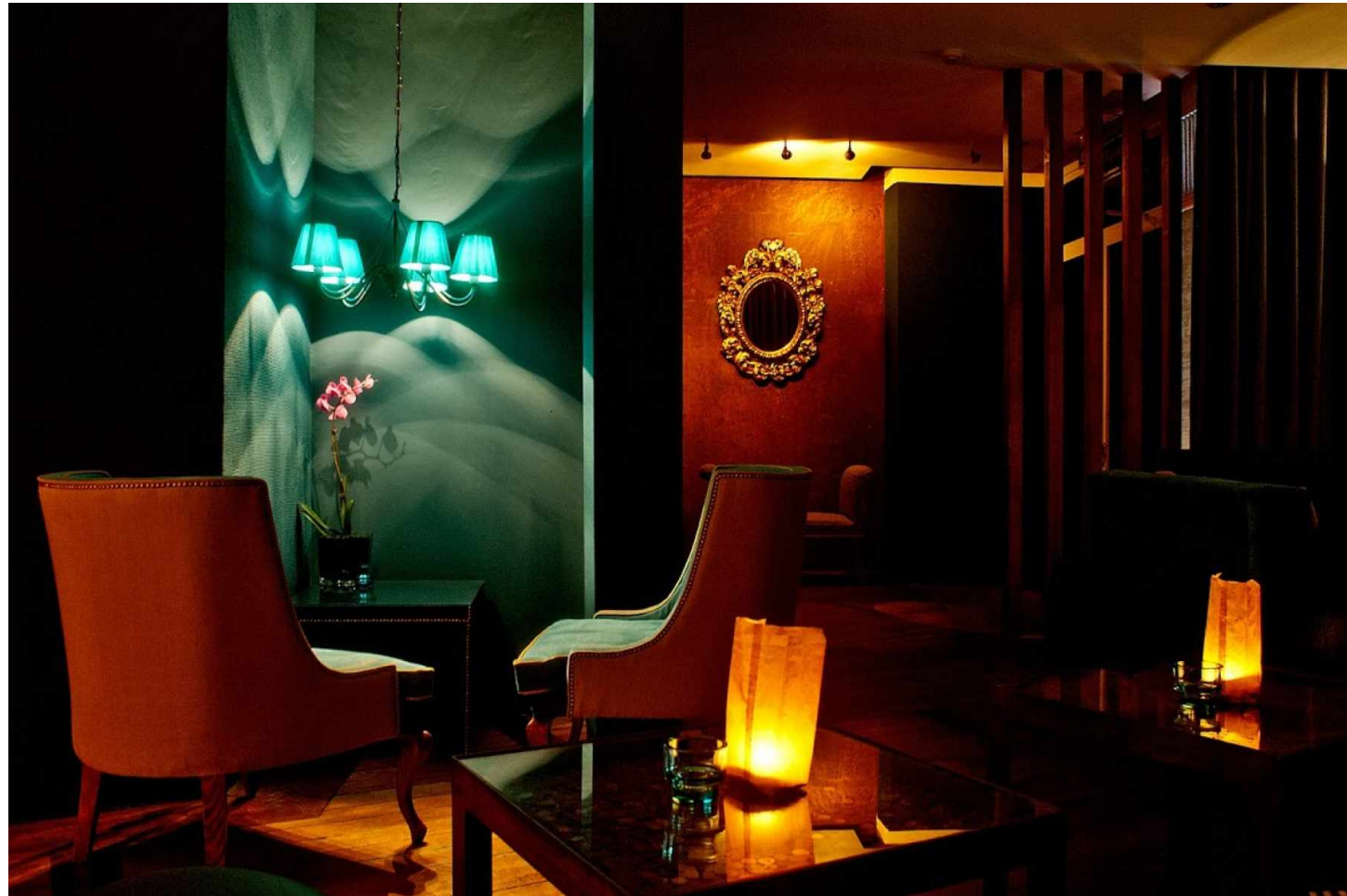
## The V Rooftop Bar

- This casual rooftop restaurant and cocktail bar at the Vintage hotel features light bites, cocktails, wine, and a view.
- Average price for cocktails: 10€
- Website: <https://www.thevintagelisbon.com/>
- Located in Príncipe Real
- T: +351 210 405 400



## Foxtrot

- Polished and richly decorated Art Nouveau cellar bar with a garden and a late-night food menu.
- Average price for cocktails: 12€
- Website: <https://www.barfoxtrot.pt/>
- Located in Príncipe Real
- T: +351 213 952 697



## Cinco Lounge

- A sophisticated and stylish venue, offering a wide selection of inventive cocktails and small plates in a chic, intimate setting.
- Average price for cocktails: 11€
- Website: <https://www.cincolounge.com/pt/>
- Located in Barrio Alto de Lisboa
- T: +351 213 424 033



## Red Frog Speakeasy

- Intimate, stylish spot offering craft cocktails, from old-fashioned favourites to whimsical creations.
- Average price for cocktails: 11€
- Website: <https://www.redfrog.pt/>
- Located in Príncipe Real
- T: +351 215 831 120



## Pensão Amor

- With a vintage and eclectic design, Pensao Amor maintains a curious atmosphere with themed rooms and live music.
- Average price for cocktails: 10€
- Website: <https://pensaoamor.pt/>
- Located in Cais do Sodre
- T: +351 213 143 399



# A Taste of Lisboa





## Belcanto

- 2\* Michelin-star restaurant with a chic, wood-paneled dining room serving modern takes on Portuguese classics from chef Jose Avillez.
- Price: starts from 195€
- Website: <https://belcanto.pt/pt/>
- Located in Barrio Alto de Lisboa
- T: +351 213 420 607
- **Advanced reservation required**



## Loco

- 1\* Michelin star restaurant offers a unique and innovative culinary experience that combines traditional Portuguese flavors with contemporary techniques.
- Price: starts from 150€
- Website: <https://www.loco.pt/>
- Located in Príncipe Real
- T: +351 213 951 861
- **Advanced reservation required**



## Alma

- 1\* Michelin-star restaurant with avant-garde local meat and seafood dishes, and excellent wine list.
- Price: starts from 180€
- Website: <https://www.almalisboa.pt/pt>
- Located in Baixa de Lisboa
- T: +351 213 470 650
- **Advanced reservation required**



## Bairro do Avillez

- Upscale and stylish restaurant in Lisbon that serves high-quality dishes prepared with fresh ingredients.
- Price: around 40€
- Website: <https://www.bairrodoavillez.pt/pt/>
- Located in Barrio Alto de Lisboa
- T: +351 215 830 290
- **Advanced reservation recommended**



## Solar dos Presuntos

- High-end Portuguese cuisine, with seafood and meat dishes in a family-style setting.
- Price: around 40€
- Website: <https://www.solar dos presuntos.com/>
- Located in Pena
- T: +351 213 424 253
- **Advanced reservation recommended**



## Cervejaria Ramiro

- A must-visit seafood restaurant that offers a variety of fresh and flavourful dishes. Casual and lively atmosphere, and attentive service.
- Price: around 30€
- Website: [www.cervejariaramiro.com/?lang=en](http://www.cervejariaramiro.com/?lang=en)
- Located in Pena
- T: +351 218 851 024
- **Advanced reservation recommended**



## Frade dos Mares

- Contemporary setting for a modern take on Portuguese seafood, including many octopus and meat dishes.
- Price: around 30€
- For reservations click [here](#)
- [Located in Lisboa](#)
- T: +351 213 909 418
- **Advanced reservation recommended**



## Cantinho do Avillez

- Classic dishes, from snacks to main courses in a contemporary cantina setting.
- Price: around 30€
- Website: <https://www.cantinhodoavillez.pt/pt/>
- [Located in Barrio Alto de Lisboa](#)
- T: +351 211 992 369
- **Advanced reservation recommended**



## Gambrinus

- Inspired by mostly fish and seafood, Gambrinus has simple setting of dark wood and white tablecloths, perfect for a dinner.
- Price: around 40€
- Website: <https://www.gambrinuslisboa.com/>
- [Located in Baixa de Lisboa](#)
- T: +351 213 421 466
- **Advanced reservation required**



## Taberna Sal Grosso

- Charming and cozy restaurant in Portugal serves delicious and creative tapas-style dishes.
- Price: around 15€
- For reservations click [here](#).
- [Located in Alfama](#)
- T: +351 910 137 713
- **Advanced reservation recommended**



## O Tasco Do Vigario

- Authentic Portuguese restaurant, varied menu with great value for price and quality.
- Price: around 15€
- Website: [otascodovigario.eatbu.com/?lang=en](http://otascodovigario.eatbu.com/?lang=en)
- [Located in Alfama](#)
- T: +351 218 862 190
- **First come, first served.**



## Lisboa Tu e Eu 2

- Exceptional dining experience with its authentic Portuguese cuisine and warm atmosphere.
- Price: around 20€
- Website: -
- [Located in Alfama](#)
- T: +351 919 485 256
- **Advanced reservation recommended**



## Ao 26

- Offering options ranging from burgers and sandwiches to salads and bowls. Cozy and modern atmosphere.
- Price range: around 20€
- Reserve [here](#)
- [Located in Barrio Alto de Lisboa](#)
- T: +351 967 989 184
- **Advanced reservation recommended**



## The Green Affair Saldanha

- Inviting atmosphere along with many different fruitful healthy menus to choose from.
- Price range: around 20€
- Linktree [here](#).
- [Located in Santa Cruz](#)
- T: +351 967 472 286
- **Advanced reservation recommended**



## Organi Chiado

- The bright and modern atmosphere offers a daily-changing menu of plant-based eats with wine, served in nature-inspired terraces.
- Price range: around 20€
- Website: <https://organi.pt/>
- [Located in Cais do Sodre](#)
- T: +351 216 065 121
- **Advanced reservation recommended**

A nighttime photograph of a square in Lisbon, Portugal. In the foreground, a large, ornate fountain with multiple tiers and statues is illuminated. The square is paved with a patterned cobblestone design. In the background, several historic buildings are visible, including a prominent church with a tall tower. The sky is dark with some clouds, and the overall scene is lit with warm, golden light from street lamps and building lights.

# Experience Lisboa



## Mosteiro dos Jerónimos

- This monument, declared a World Heritage Site by UNESCO, deserves special mention of the facades, the church and the cloisters.
- General entrance: €10
- Website: [jeronimosmonasterytickets.com/es/](http://jeronimosmonasterytickets.com/es/)
- Located in Lisboa
- T: +351 21 362 0034



## Torre de Belém

- One of the most important cultural landmarks that has now been accredited to UNESCO World Heritage Site. The Belem Tower is a standing testament to the city's ancient maritime explorers, who ventured into the unknown seas.
- General entrance: €6
- Website: [www.torrebelem.pt/](http://www.torrebelem.pt/)
- Located in Lisboa
- T: +351 21 362 0034



## Palacio Nacional da Ajuda

- The Ajuda National Palace is national monument, located in the parish of Ajuda, in Lisboa. Former neoclassical residence used by the Portuguese Royal Family throughout the 19th century.
- General entrance: 5€
- Website: [www.palacioajuda.gov.pt/](http://www.palacioajuda.gov.pt/)
- Located in Lisboa
- T: +351 21 363 7095





## Elevador de Bica

- 19th century funicular railway with 2 small carriages that go up and down a picturesque and steep street.
- General entrance: €3,80
- Website: [www.carris.pt/](http://www.carris.pt/)
- Located in Lisboa
- T: -



## Sé de Lisboa

- Its construction began in 1148, one year after Alfonso Enriques conquered the city. It is considered the oldest church in Lisbon.
- General entrance: €5
- Website: [www.sedelisboa.pt/](http://www.sedelisboa.pt/)
- Located in Lisboa
- T: +351 21 886 6752



## Castelo de São Jorge

- Moorish castle and royal residence from the 11th century located on a hill with ruins and an archaeological museum.
- General entrance: €15
- Website: [www.castelodesaojorge.pt/](http://www.castelodesaojorge.pt/)
- Located in Lisboa
- T: +351 21 880 0620

An aerial photograph of the Pena Palace, a colorful and eclectic building complex perched on a steep, rocky hillside. The palace features a mix of architectural styles, including a prominent red tower with a clock face, yellow buildings with blue domes, and a large blue dome. The surrounding landscape is lush with green trees and vegetation. In the background, a wide valley stretches out, showing a town and rolling hills under a clear sky. The overall scene is vibrant and scenic.

# Arts & Culture



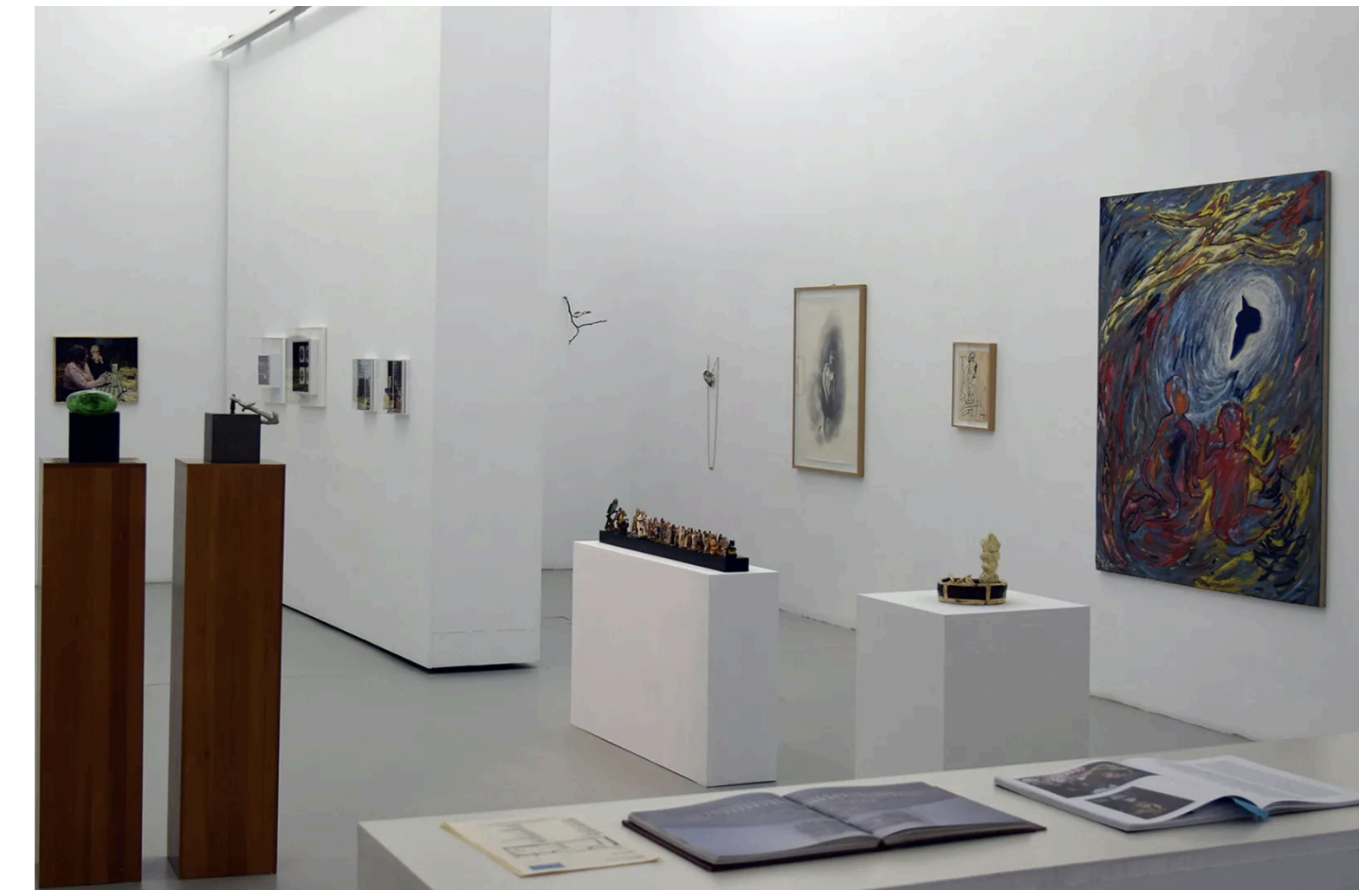
## Parque das Nações

- Parque das Nações is a rehabilitated area next to the Tagus. Between the striking modern buildings, green areas flourish with works of public art. They also host various exhibitions there.
- General entrance: Free
- Website: [www.portaldasnacoes.pt/](http://www.portaldasnacoes.pt/)
- Located in Lisboa
- T: -



## Galeria Belo-Galsterer

- Contemporary art gallery with an international and multicultural personality.
- General entrance: Free
- Website: [www.belogalsterer.com/](http://www.belogalsterer.com/)
- Located in Lisboa
- T: +351 21 381 5914



## Galeria Graça Brandão

- Contemporary art created by some of the newest and best creatives in the Portuguese-speaking world.
- General entrance: Free
- Website: [galeriagracabrandao.pt/](http://galeriagracabrandao.pt/)
- Located in Lisboa
- T: +351 21 342 1819



## Palacio da Pena

- Romantic palace from the 19th century located on a large rock that had been a monastery, surrounded by a park.
- General entrance: €13,30
- Website: [www.parquesdesintra.pt](http://www.parquesdesintra.pt)
- Located in Lisboa
- T: +351 21 923 7300



## Museo Arqueológico de Carmo

- Ruins of a Gothic church, destroyed in 1755 by an earthquake, with an evocative roofless nave and an archaeological museum.
- General entrance: €5
- Website: [museuarqueologicodocarmo.pt/](http://museuarqueologicodocarmo.pt/)
- Located in Lisboa
- T: +351 21 346 0473



## Museu dos Coches

- Museum with royal carriages from the 16th-19th centuries located in the opulent riding hall of a s. XVIII.
- General entrance: €8
- Website: [museudoscoches.gov.pt](http://museudoscoches.gov.pt)
- Located in Lisboa
- T: +351 21 049 2400

# Shopping





## Amoreiras

- Starting in 1985, this high-end shopping centre has a cinema, food court, kids' playground, and rooftop viewpoint.
- Website: <https://amoreiras.com/>
- Opening times: Everyday from 8am - 11pm
- Located in Campo de Ourique
- T: +351 213 810 200



## Colombo Shopping Centre

- Located in the parish of Carnide in Lisboa, Colombo offers many International shops, a cinema, and artistic architecture with a glass ceiling feature.
- Website: <https://www.colombo.pt/>
- Opening times: Everyday from 8am - 12am
- Located in Carnide
- T: +351 217 113 600



## Centro Vasco da Gama

- Located near the riverfront, Centro Vasco da Gama makes it a popular destination for both locals and tourists. Additionally offering range of restaurants, entertainment, and shops.
- Website: <https://www.centrovascodagama.pt/>
- Opening times: Everyday from 8am - 12am
- Located Parque de las Naciones
- T: +351 218 930 601



## Mercado Da Ribeira

- “Time out Market Lisboa” is located in the lower area of Lisbon. It’s 19th century building has reformed into a beautiful food, retail and grocery market.
- Website: -
- Opening times: Everyday 10am - 12am
- Located in Cais do Sodre
- T: +351 210 607 403



## Campo de Ourique Market

- Dedicated to gastronomy, you can find some of the best products in the region, as well as other groceries imported from other countries.
- Website: -
- Opening times: Weekdays 10am - 11pm  
Weekends 10am - 12am
- Located in Campo de Ourique



## Feria de Ladra

- The “Mercado de Santa Clara” is also known as the Lisboa Flea market, the most popular second hand fair that takes place in Lisboa.
- Website: [here](#)
- Opening days: Tuesday and Saturday 9am - 6pm
- Located in Alfama



# About Lisboa



Lisboa is the capital and largest city of Portugal, with an estimated population of 545,796 within its administrative limits in an area of 100.05 km. Is one of the oldest cities in the world and the second-oldest European capital city (after Athens), predating other modern European capitals by centuries.



In 205 BC it was first invaded by the Romans. After the fall of the Roman Empire it was ruled by a series of Germanic tribes from the 5th century; later it was captured by the Moors in the 8th century. In 1147 Afonso Henriques conquered the city and since then it has been the political, economic and cultural centre of Portugal.

The earthquake of 1755, also known as the Great Lisbon Earthquake, wrecked havoc on the city. It was followed by a series of fires and a tsunami.

Lisboa's commercial center, Praça do Comércio, was completely destroyed. This included the Royal Ribeira Palace too and many adjoining monuments/regions.



# Fun Facts

1. The São Jorge Castle in Lisboa dates back to the 11th century and offers stunning views of the city.
2. The city has a bridge called the 25 de Abril Bridge, which is often compared to the Golden Gate Bridge in San Francisco.
3. Lisboa is famous for its pastel de nata, a traditional Portuguese pastry filled with custard of which very few people know their original recipe.
4. The city is known for its colorful tiles, known as azulejos, which can be found on many buildings throughout the city.





**Useful information**

**HOSPITALS****Lisboa**

**Hospital de São José**  
R. José António Serrano, 1150-199 Lisboa,  
Portugal

**T: +35 1 218 841 000**

**TELEPHONE SERVICES**

Emergency - **112**  
Police - **091** or **092**  
Ambulance - **061**  
Fireman - **080**

**Lisboa** Information and Tourism department: +35 1 213 463 314  
Airport number for Lisboa: +35 1 218 450 660

**NOTES FOR TELEPHONE SERVICES**

The Portugal prefix is “+35” / “0035”

## PUBLIC TRANSPORT

### Bus

Price: 3,00€ Single

Schedule: 5:00am to 23:00pm (thereafter are Nightbuses)

### Metro

Price: 1,65€ Single

Schedule: Everyday - 6:00am to 1:00am

\*\* You can find more information on [www.metrolisboa.pt/en/](http://www.metrolisboa.pt/en/)



## OTHER TRANSPORT

### Taxi Service Lisboa

Taxi: +35 1 219 362 113

Aprox. Price: 0'47€ x Km

Extra Charges: 3'25€ x Initial Fare

*Maximum speeds:*

Motorways/highways: 120kph

Local roads: 100-90kph

City: 50kph

