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LISBON



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Fado, saudade and bacalhau; these are the three things immediately connected with the capital city of Portugal. Charming and stunning architectural treasures are spread all over Lisbon, and its multiethnic society and magical atmosphere make of it a special and lively city. Want a taste of Lisbon? Here we go. Suggested ingredients: a sip of Porto wine while listening to some fado traditional music in a Fado House, a sight on the river Tejo to get a hint of the meaning of “*saudade*”, and a dish of *bacalhau*, chosen among the hundreds of possible ways to cook cod fish in Portugal. Steer them together, and you’ll see how Lisbon’s not just made of bricks.

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» LISBON AT A GLANCE

Lisbon is a fascinating city. In 1755 it was hit by a disastrous earthquake, and needed to be rebuilt in many of its parts. The city plan was then reinvented by the Marquis of Pombal, who designed a new Lisbon, giving birth to the first anti-seismic buildings. Nowadays, it's got a historical centre and a modern one, so that you can walk through its ancient areas, then catch the metro and find yourself in its astonishing modern part, built for the Expo '98. The daytime centre is near the river Tejo and is called **Baixa**. Its southern end is **Praça do Comércio**, a wide square looking towards the flowing water, hosting an equestrian monument on its centre and separated by a Triumph Arch from **Rua Augusta**. This shopping



pedestrian avenue is the centre of a reticulate of little streets that have the peculiarity, for the Marquis' will, to be named after craftsmanship jobs. Walk towards **north** through Rua Augusta, and you'll end up in **Praça Dom Pedro IV**, also known as **Rossio**, directly connected to **Praça da Figueira** and **Praça dos Restauradores**. Go on through the **Avenida da Liberdade** (Freedom Avenue) and you'll finally meet the Marquis of Pombal, in the square named after him (**Praça Marquês de Pombal**), which hosts his statue. Walk just a bit more further and you'll end up in a green area, to relax a little bit; the green grass of **Parque Eduardo VII** will help you having a little time for yourself and look at Lisbon's blue sky. When you're ready for some modernity, go **north-east**, to the **Parque das Nações**. It's the Expo '98 area; very modern, it's very interesting from the architectural



point of view, and is also known for its huge **Oceanarium** – the biggest in Europe.

And then, prepare yourself for the city's nightlife! From the Baixa, going towards **west** you'll find the **Chiado**, and elegant zone which will lead you directly to the **Bairro Alto**, absolutely a must for your Lisbon nights! There are restaurants, clubs and cafés in every street, and in case you're in a fado mood, no doubt you'll be able to find a fado house to have a drink while listening to some heartbreaking melody; but don't worry, if fado's not your genre (although you should dedicate a respectful thought to the most traditional Portuguese music), you can cheer up with some lively pub or club, that you can easily find just walking about through the Bairro Alto streets.

On the far western end of the city, don't miss **Belém**; here you will



see the **Jerónimos monastery** and the **Belém Tower**, emblems of the Manuelin architecture (the XVI century's Portuguese review of Baroque, named after Dom Manuel I).

Going **east** from our referring

point, the Baixa, you'll end up in the **Alfama**. It's the most ancient zone of the city, and survived the earthquake thanks to the strong rock on which it's built. Its Moresque appearance brings us back to the times in which it was the most important part of the city, during the Arabic occupation; today it's known to be a picturesque part of the city, with its charming roads, shops and belvederes. On the top of the Alfama there's the **Castelo de São Jorge**, towering the surrounding area since the 5th century, when it was built by the Visigoths (it was then enlarged by the Moors in the 9th century).

A bit far away from the interesting spots, but still worth a visit if you want to have a look to the houses where two great Portuguese lived: the **Casa Museu Fernando Pessoa** and the **Casa Museu Amália Rodrigues**. Pessoa has certainly been one of the greatest Portuguese poets of all times; it has actually been said that he's been not only a poet but an entire literature. The last house where he lived (for 15 years, until his death, in 1935) is in Rua Coelho da Rocha, 16 (Estrela area, north-east from Cais do Sodré station. Monday to Wednesday: 10 am–6 pm; Thursday: 1–8 pm; Friday: 10 am–6 pm; free entrance) and became a cultural centre where some of the objects dearest to the poet (like his glasses and his diaries) are kept, together with his famous portrait by Almada Negreiros.

Amália Rodrigues has been the most appreciated *fado* singer in the last century; her house, where she lived from the '50s till her death, in 1999, became a museum, where you'll see her albums, her films' posters and her daily use objects. It is in Rua de São Bento, 193 (São Bento area, east from the Bairro Alto. Tuesday to Sunday: 10 am–1 pm, 2–6 pm; 2 €).

The **river Tejo** divides Lisbon in two – although the central part is on the northern side, the other one has its charms, too. In **Almada** there's the **Santuário do Cristo Rei** (Christ the King Sanctuary), a 110mt high statue of Christ built in 1959. The connection between the two sides is worth to be mentioned too: it's the **Ponte 25 de abril** (25th April Bridge); at first it had been named "Ponte Salazar", after the dictator, because it was built in 1966, during his 46 years long dictatorship. Afterwards it obviously and ironically changed its name into "Ponte 25 de Abril", in honour of the revolution day, occurred on the 25th April 1974.

Some nice one-day trips around Lisbon: the most famous is **Sintra**, where you'll get to see its **Castelo dos Mouros** with its gorgeous view, and get into the **Palácio da Pena**, and then **Queluz**, where you can visit its wonderful **Palace**. Then, to feel some ocean air, go to **Estoril**, **Cascais** and the most famous place to visit in the surroundings, **Cabo da Roca**. It is well known to be the most

occidental point in Europe – as the Portuguese writer Camões wrote, referring to this breathtaking cape, "here, where the land ends and the sea begins".

» TRANSPORTS

The most typical way to ride around Lisbon is with the **eléctrico**. It's the city tram, and you can buy the ticket on board for 1.30€. N°15 will lead you to Torre de Belém, while a ride on the renowned n°28 will lead you through Bairro Alto, Alfama and other



ancient parts of the city; in June it transforms into a "riding concert hall", with fadistas singing their fados while the tram goes on his way

– don't miss it! Another interesting means of transport in Lisbon is the **elevador**. There are four (elevador **da Bica** from Bairro Alto to Cais do Sodré; **da Glória**, from Bairro Alto to Praça dos Restauradores; **de Santa Justa**, from Baixa to Carmo; **do Lavra**, from Avenida da Liberdade to São José), and they lead you up and down the hills of Lisbon. The most famous one is the **Elevador de Santa Justa**, in the Baixa; it's actually a lift that will bring you up to the Carmo Church. But on a more modern note, Lisbon's quite well



served with its **four underground lines** – yellow, green, blue and red. You can ride the metro from 6 am to 1 am, and a single ticket costs 0.65 €. A book of 10 tickets will cost you

6 €, but you can buy a combined ticket for **metro** and "**carris**" (buses, funiculars and trams - www.carris.pt) that will allow you to ride all the "carris" and metros you like for 5 days paying 13.50 € (1 day: 3.35 €).

As for the **city trains** (www.cp.pt) you can use them to reach **Torre de Belém**, catching the train from **Cais do Sodré**, paying 0.95 € for a ten-minutes trip that will lead you to the west end of the city and to its marvellous tower. This train will continue towards **Estoril** and **Cascais**, two nearby seaside cities that are worth a visit; the one way ticket will cost you 1.30 €, and you can get a 5 days ticket for 10.40 €. For trips outside Lisbon, there are two railway stations: **Oriente** (on the eastern side of the city, in the modern Parque das Nações area) and **Santa Apolónia** (next to Praça do Comércio, right in the centre).

If you plan a daytrip to **Sintra** or to **Queluz**, then reach the **Rossio** station and catch the train from there. The tickets to Sintra cost 1.40 €, to Queluz 0.90 € for a one way ticket; besides, you could buy a 5 days ticket for 11.20 €.

Another way to get around Lisbon are the taxis; fares are reasonable, and you could get to be introduced to the city directly by the cab driver, who'll be certainly happy and proud to show you his city's wonders as you pass them by. You can easily find a taxi in Praça Dom Pedro VI, in

Avenida da Liberdade, at the Fluvial Station and outside the railway stations (Oriente, Santa Apolónia). Let's not forget the river! To get on the other side of the Tagus, in **Cacilhas**, you can catch boats from **Cais do Sodré** and **Praça do Comércio/Terreiro do Paço (Estação Fluvial)**, and you'll get to the other side of Lisbon paying 0.65 € for a one way ticket.

If you plan your stay in Lisbon to be intense – as far as city trips and museum visits are concerned – then the **Cartão Lisboa** could be perfect for you: it allows you to catch all the city transports you like and to get into as many as 25 museums (like the Gulbenkian) for free, and with a 25% to 50% discount in many others. You can buy it in the tourist offices, at the airport too; it costs 13.25 € for 1 day, 22.50 € for 2 days and 27.50 € for 3 days.

» CLASSICS YOU CAN'T MISS

We tried to divide Lisbon in 6 areas to simplify our first-time visitors, and this is the result:

1. **Baixa-Chiado**
2. **Belém**
3. **Alfama**
4. **Parque Eduardo VII**
5. **Oriente**
6. **The other side of the river**

1. Baixa-Chiado, Bairro Alto. This is the day-time central area, in

which you can't miss the **Praça do Comércio**. In Pombal's project, it was the focal point of the city, surrounded by classical buildings and hosting in its centre a statue of Dom José, sovereign at the earthquake time. A **Triumph Arc** divides the square from **Rua Augusta**, a commercial and pedestrian avenue, where street artists perform their works, that will extend till **Praça Dom Pedro VI**. Before arriving there, stop on the left: **Rua de Santa Justa** crosses **Rua Augusta**, and there you'll see the **Elevador** named after Santa Justa street. Built in 1902 following a project by Raul Mésnier (an Eiffel pupil), it leads you to the Carmo convent.

Now that's a thing to see: the **Igreja do Carmo**. It survived to the 1755 earthquake, but the fire that spread all over the city (in part due to the candles burning in the churches, that fell down with the shakes) burnt its wooden ceiling, leaving the church hatless. The best you can do, then, is to go into the church and, between the columns that still stay proudly up, look upwards, at the blue sky.

After this quite unusual visit, walk southwards, towards the **Chiado** area. It's the most elegant part of the city, and the two greatest Lisbon poets face here one another: Camões' statue declaims his verses from the centre of the square named after him, **Praça Luís de Camões**, while Pessoa's statue sits

at his favourite café, **A Brasileira**, in **Rua Garrett**, an elegant shopping avenue. Just next to the **Brasileira** café there's the **Teatro São Carlos**, built and named after the Naples' theatre; a bit further, on the same street, you'll find the **Museu do Chiado** (www.museudochiado-ipmuseus.pt), the contemporary art museum.

Back to the central squares, in **Praça Dom Pedro VI** (the most ancient square of the city) you'll get to see the **Estação do Rossio**, an interesting building to be seen from the outside (unfortunately the inside isn't as charming) and the **Teatro Nacional Dona Maria II**, built in 1840.

2. Belém. It is a beautiful part of the city, on the west side; you'd better catch a city train or an eléctrico to reach it, as it's a bit far from the centre. On your way there, you'll pass next to the **Ponte 25 de abril**; this bridge reminds the Portuguese people of their Revolution, occurred on the 25th April 1974. It put an end to Salazar's long dictatorial period (1933-1974) and, though it was a military revolution, not a single gun fired: the soldiers carried carnations in their rifles – hence the name, "Revolução dos Cravos" (Carnation's Revolution).

After the bridge, on your right you'll see the **Mosteiro dos Jerónimos** (www.mosteirojeronimos.pt/index_mosteiro, free entrance); built in the first half of the XVI century,

this monastery is an example of Manuelin architecture. It hosts the tombs of Vasco da Gama and Luis de Camões, a wonderful **cloister** (Oct-May: 10 am-5 pm, May-Sep: 10 am-6.30 pm. Tickets:



4.5 €) and two museums: the **Museu da Arqueologia** (www.mnarqueologia-ipmuseus.pt, open 2–6 pm on Tuesdays, 10 am-6pm on Wednesdays and Sundays, 3 €; free on Sunday mornings) and the **Museu da Marinha** (www.museumarinha.pt, Apr-Sep: 10 am-6 pm, Oct-Mar: 10 am-5 pm, 3 €), the Navy Museum, which is connected to the **Museu das Crianças** (same timetable as the Museu da Marinha, but starting at 11 am; 1.50 € extra), the Kid's Museum, with interactive and fun parts.

Right after the monastery, there's the **Centro Cultural de Belém** (www.ccb.pt). It organizes concerts and cultural events, and from its cafeteria's terrace you'll have a first view of **Belém's Garden** and of the **Padrão dos Descobrimentos**, the commemorative monument to the



Portuguese conquerors in front of the Belém Cultural Centre, erected on the riverside. The first of the 33 statues that look towards the river from the monument is the Infante Dom Enrique the Navigator, prince of Portugal in the XV century; you may either think it's genially beautiful or hate it... it's up to you: go, have a look and decide! In any case, take a look at the floor in front of it: you'll be walking on an enormous atlas! And then, the **Torre de Belém**, finally! (www.mosteirojeronimos.pt/index_torre.html) Another example of manuelin architecture, it was built between 1515 and 1520 to protect the city port; it was actually in the middle of the river, when it was built, but then the earthquake changed the Tagus flowing and now the water wets only three of its four sides. Going inside you'll have a gorgeous sight of the river (open from Tuesday to Sunday. June-September: 10 am–6.30 pm; October-May: 10 am–5 pm. 3 €).

3. Alfama. There's a Portuguese song that goes "cheira bem, cheira a Lisboa" (it smells good, it smells

of Lisbon). Where can this Lisbon smell be, if not in its most ancient and picturesque part, the **Alfama**? Its narrow streets will lead you to the ancient soul of the city; they come from the Muslim culture, dating back to the Moorish times (VII-XII centuries). Walk through the labyrinth of streets, and you'll find the Alfama treasures: you'll see the **Sé** (Cathedral), that was built in the XII century in Romanesque style and looks like a fortress; the



Igreja de Santo António, on the left side of the Sé: Saint Anthony was born in Lisbon, and a church was erected in his honour. Then, there's the **Casa do Fado e da Guitarra Portuguesa** (www.museudofado.egaeac.pt, Tuesday-Sunday 10 am – 6 pm), in Largo do Chafariz de Dentro, a museum dedicated to the traditional Portuguese music, and some breathtaking viewpoints. The most famous one is the **Miradouro de Santa Lúzia**; sitting on seats made out of azulejos you'll get a wonderful view on the Alfama and the river.

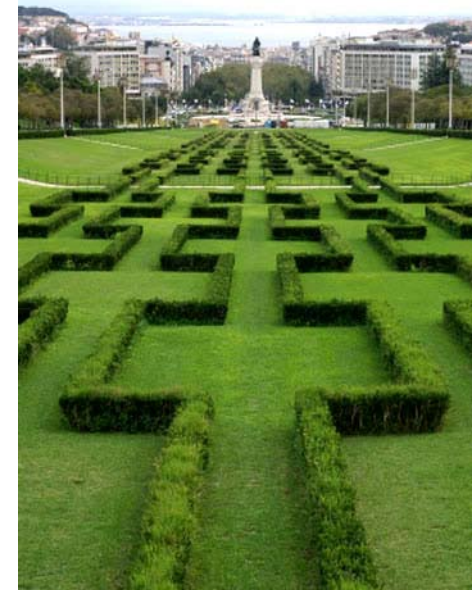
The **Castelo de São Jorge** (www.castelosaojorge.egaeac.pt, Mar-Oct: 9 am–9 pm; Nov-Feb: 9 am – 6 pm; 5 €) towers the Alfama; its walls proudly remind us of Lisbon early history, being there since the 5th century, and the view from the castle hugs the whole city. Other musts in this area are the **São Vicente de Fora** church, where all the Portuguese kings from João IV (XVII century) to Manuel II (last king of Portugal, beginning of XX century) are buried, and the **Museu Nacional do azulejo** (www.mnazulejo-ipmuseus.pt, Tuesdays



2–6 pm, Wednesdays to Sundays: 10 am–6 pm, 3 €). The azulejos are ceramics tiles – traditionally blue – with different kind of drawings: men works, animals and flowers. The most common are the flowered ones, among the individual azulejos, but you'll find them as well as an ensemble, to represent huge scenes

(battles or hunting, usually). This art has been brought by the Muslims in the VIII century, and, after the great earthquake, they have been used to protect buildings from fire, sun and rain.

4. Parque Eduardo VII. When you're in a greenish mood and long for some peace, you can't miss the **Parque Eduardo VII**; you'll reach it with a nice walk from the Rossio square: Avenida da Liberdade will lead you to Praça Marquês de Pombal, and after that here you are in the biggest green area of the city. On its northern end there are the **Estufas**, huge greenhouses hosting tropical plants, pools and



an enormous variety of palms and cactuses.

Once there, with a ten minutes walk you'll get to the **Fundação Calouste Gulbenkian** (www.gulbenkian.pt, Tuesdays: 2–6 pm, Wednesday to Sunday: 10 am–6 pm, 3 €, **Museu da Arte Moderna** – same timetable as the Gulbenkian -inclusive ticket:



5 €. Free on Sundays). It's the most important cultural centre in Portugal and the art collection of the Museum goes from the Egyptian period to the French impressionists, passing through art nouveau, Islamic cloths and much more. The Museu de Arte Moderna hosts artworks

by Portuguese artists of the XX century.

5. Oriente. The eastern end of the city, **Oriente**, hosted in 1998 the last exposition of the XX century. Its theme was "The oceans: a heritage for the future", and a huge oceanarium was built for the occasion (www.oceanario.pt, 10.50 €); it's the biggest in Europe and something like 25.000 fishes and sea animals live there. But have a look at the **Gare de Oriente**, when you get there: the railway station itself is a stunning modern architecture building in glass and cement. Don't have great expectations for the **Torre Vasco da Gama** (Jun-Sep: 10 am–6 pm; Oct-May: 10 am–9 pm, 2.50 €), it's not that charming...but you can go up and have a gorgeous view of the city. Then have a look at the **Ponte Vasco da Gama**, inaugurated in 1998; 17.2 km long, it's the longest bridge in Europe. Then, the **Pavilhão Atlântico** (www.pavilhaoatlantico.pt): Álvaro Siza Vieira, one of the top contemporary architects, projected it and it was ready for the Expo '98. it's a concert and sporting events hall, the biggest in Portugal.

6. The other side of the river. Much less known, out of the city centre, it's still something worth a visit...first of all, to get there you can either cross the Ponte 25 de Abril or catch a ferry from Praça do Comércio or Cais do Sodré, which is, by itself, a very nice thing to do. Then, once you get

on the coast, you'll get to see the **Cristo Rei** (Christ King; open every day, Jun-Sep: 9 am–7.30 pm; Oct-May: 9 am–6 pm, 2 €), a "modest" (but still quite big) version of the Rio de Janeiro one.

» SHOPPING AND FLEA MARKETS

Let's start saying that Lisbon prices will make a shopaholic out of you; then, to begin with, the most famous flea market in Lisbon is the **Feira da**



Ladra. Though the name could not sound inviting (it means "thieves' fair"), there are many interesting things you can find there: colonial stuff, old dresses, CDs, old photos, and so on. The setting is Campo

de Santa Clara, on the east side of the Alfama; the time is Monday and Saturday from 6 am to 3 pm. Don't just accept the price they propose you: trying to reduce the prices is part of the game! The best way to arrive to the most typical flea market in Lisbon is the famous 'eléctrico' n° 28; get down at the Arco de São Vicente and start your shopping!

Then don't miss the **Mercado da Ribeira** (coast market), in Avenida 24 de Julho, in the Cais do Sodré area (metro: Cais do Sodré station). From Monday to Saturday 6 am–2 pm you'll find there every kind of meat, fish, vegetables, cheese and wine; from 3 to 9 pm it transforms into a flowers market. But it's not just that. On the upper floor (everyday, 10 am–10 pm) the Loja do Artesanato (handicraft shop) will expose for you craftsmen works from the Tagus Valley, while fresh bread, cheese, wine and typical snacks will be sold, on the same floor, from 10 am to 11 pm. On the centre there's a stage, where music bands will perform on Friday and Saturday from 10 pm to 1 am.

But then let's not forget the shopping avenues and centres; shops usually open around 10 am, and close at 8 pm – apart from the shopping centres, which are likely to stay open until 11 pm/midnight. So: as far as street shops are concerned, let's begin with **Rua Augusta**: Zara, Mango and Bershka are the most known clothing shops, spread all

over Portugal and part of the Rua Augusta's shopping attractions. In the **Chiado** you'll find the **Armazéns do Chiado** (www.armazensdochiado.com), the shopping centre of the area, and a bunch of other street shops, while in the **Avenida da Liberdade** shops like Emporio Armani, Trussardi, Louis Vuitton, Furla and many others are waiting for you – though the prices rise a tiny bit in this area... As for the shopping centres, the **Vasco da Gama** (www.centrovascodagama.pt) is perhaps the most famous one (just in front of the Gare de Oriente, red line) and **El Corte Ingles** (www.elcorteingles.pt) is a quite new one, near the Parque Eduardo VII (get off the metro at São Sebastião, blue line). Though a bit out of the city, the **Freeport Outlet Shopping** (www.freeport.pt) is worth to be mentioned: it's the biggest outlet in Europe, where you'll find just everything – international brands, cinemas, bars, restaurants and much more. To get there catch the bus from the bus terminal in the Expo area, it will lead you to the Canto do Pinheiro, in Alcochete (it will take about 35 minutes). But then just go into the little streets around the Baixa, and you'll find tiny shops selling flags, or even specific shops for the patches carrying the university symbols that the students sew to their traditional university dresses, and much more interesting shops not listed in any internet site.

» EAT & DRINK

The gastronomic part of your trip to Lisbon should start right in the morning, taking a good Portuguese



pequeno almoço (breakfast) made of **galão** (hot milk with coffee, the Portuguese version of the cappuccino) and a **bolinho** – a little cake; you'll get to choose among a good variety of them. The most traditional ones are the **pastéis de nata** (little puff pastry baskets filled with custard and sprinkled with cinnamon and icing sugar). Then, in the middle of the afternoon, you shouldn't forget the **lanche** – it's the afternoon snack, usually salty, waiting for the late dinner: a **torrada** (a thick leaf of grilled bread with salty butter) or a **croissant misto** (a huge croissant filled with ham and cheese) will perfectly do.

As for the main meals, the Portuguese typical dish is **bacalhau** (cod fish); they cook it in lots of ways, though maybe the ones you'll find more frequently are **Bacalhau com natas** (in the oven, frayed, with

cream and potatoes), **Bacalhau à Brás** (fried, frayed, with eggs and potatoes) and **Bacalhau à Lagareiro** (in the oven with onions and peppers). Then, an interesting dish is the **Carne de porco à alentejana** (pork in the Alentejo way), a mixture of potatoes, pork and...clams! In Lisbon **caracóis** (snails) are very popular, and then a variety of fish and meat. If you long for a soup, then you can ask for a **caldo verde** (a cabbage soup with **chouriço** – cured spiced sausage – slices) or a **sopa da pedra** (the



name, "stone soup", is based on a legend, which tells the story of a beggar who asked a lady for some hot water and a stone to make his soup. Made curious, the lady gave him what he asked, while he carried on adding ingredients to it; it ended up to be a full soup with everything the lady had in her kitchen, and that's actually how it's made: with all the vegetable and sausages the chef has got at his disposal!). When you're ready to experience some spiced

chicken stomach, ask for **moelas** – served in pieces, drowned in an abundant and spicy sauce, with bread to accompany.

Desserts: **leite creme** (a kind of custard, with sugar on the top and grilled) and **arroz doce** ("sweet rice": that's what it is! Rice cooked with milk, sugar, lemon rind and cinnamon).

Drinks: **Porto wine** is obviously a must, but try some **vinho verde**, too; after a good dinner, the **licor beirão** is one of the Portuguese typical liquors, together with the **amêndoa amarga** (almonds liquor) and, typical of Lisbon, the **ginja** (the beloved Lisbon's ginginha, a black cherry liquor). If you'd like a refreshing beer, then a **Super Bock** will help – it's the Portuguese beer brand, along with **Sagres**; ask for an "imperial" to have a glass, "caneca" for a tankard; "garrafa" for a bottle. Notice that as soon as you'll sit at a table of a restaurant the waiters will bring you olives, patés, cheeses and bread without being asked – you'll pay just what you'll eat!

Now that we've got an idea of what to eat and drink, let's see where.

There are some bars you can't miss: **A brasileira** (Chiado, Rua Garrett, 120/122, +351 213 469 541) was Fernando Pessoa's favourite bar, and there's his bronze statue sitting at a table outside. **Nicola**, the most famous bars in Portugal, offer a wide range of cakes and salty snacks and you can find many of them around

the city, like in Praça Dom Pedro IV. The **Antiga Confeitaria de Belém** (Belém, Rua de Belém 84/92, +351 213 637 423, www.pasteisdebelelem.pt), beautifully decorated with azulejos, is absolutely a must; it prepares and sells pastéis de nata since 1837. They're actually called "pastéis de Belém" there, because this bar/confectioner's shop follows the secret and ancient monks' recipe for the pastéis. It is said that asking for just one brings bad luck, so you'll have a good excuse to ask for two – what a pity...

Then, be sure to visit this special place for the **ginjinha**: it's a tiny bar where the only thing you have to choose is if you do or do not want



fruits in your ginja. It's in front of the Teatro Dona Maria II, in Largo São Domingos.

If you're ready for dinner, here are some restaurants you could try. One is the **Cervejaria da Trindade** (Bairro Alto, Rua Nova da Trindade, 20, +351 213 423 506, www.cervejariatrindade.pt), in a XIX century building; its walls are decorated with azulejos. You can either pop in for a drink or have a full meal, which are good and not expensive. Another very good one – though more expensive than the Portuguese average – is **Martinho da Arcada** (Baixa, Praça do Comércio, 3, +351 213 426 840, www.martinhodaalcada.pt). It practically remained just as it was at the beginning of the XX century; it was where Fernando Pessoa used to go. But if you're looking for a place where the locals have dinner, then there's the **1º de Maio** (Bairro Alto, Rua da Atalaia, 8, +351 213 426 840). Cheap and authentic, they serve fish and meat specialities. If you're a vegetarian, no need to panic: the **Terra** restaurant (Bairro Alto, Rua da Palmeira, 15, +351 213 421 407, www.terra.vg) only cooks vegetarian dishes, served in a moderately priced buffet.

To enjoy a wonderful view of Lisbon from the other side of the river, there's the **Ponto Final** (Cais do Ginjal, 72, Cacilhas - Almada, +351 212 760 743), which will serve you good and traditional dishes.



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Last but not least, the **Fado Houses**: you can have dinner there listening to some fado, the typical Portuguese music, but be sure not to be loud. Silence is mandatory when a fadista sings, and a clearing of throat, instead of the more usual clapping of hands, is what they expect when the song is over. Just a few names: **Faia** (Bairro Alto, Rua da Barraca, 54/56 - +351 213 426 742, www.ofaia.com), excellent food, though a bit expensive; **Parreirinha de Alfama** (Alfama, Beco do Espírito Santo, 1, +351 218 868 209), generally crowded with fado lovers; **Timpanas** (Alcântara, near the Ponte 25 de Abril, Rua Gilberto Rola, 24 - +351 213 972 431), out of the city centre, but probably the most authentic and "Portuguese" Fado House in Lisbon.

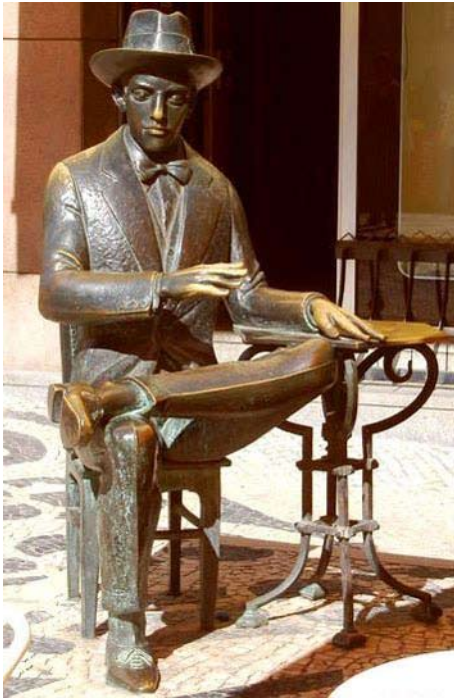
But then, the best you can do to enjoy the typical Portuguese cuisine is just walk around though the little streets in the Baixa, beyond the Teatro Nacional Dona Maria II, in the Alfama and especially in the Bairro Alto, and you'll find plenty of little restaurants cooking typical Portuguese cuisine!

SUGGESTED CDs

Madredeus, Aínda; Mariza, Fado em mim; Ala dos namorados, Ao vivo em São Luis ; Amália Rodrigues – anything from the most famous fadista.

» NIGHTLIFE

Get ready to live Lisbon's night! The most central and liveliest area is the **Bairro Alto**, offering a wide range of bars, pubs, taverns and fado houses, from the traditional spots to the "in" ones, while the **Avenida 24 de Julho** and the **Alcântara** area, near the Ponte 25 de Abril, are renowned for their discos and music pubs. So, starting from the Avenida, the **Kremlin** (Escadinhas da Praia, 5; +351 216 951 181) will have you dancing from midnight to 7 am (9 am on Fridays and Saturdays), but don't go there before 2 am. Then, the **B.leza** (Largo Conde-Barão, 50, Cais do Sodré area, +351 213 963 735) will offer you an afro-music night, together with some Cape Verdean food, in a beautiful XVI century building. Before heading to the Bairro Alto, there's at least one stop in the Alfama, at the **Pé Sujo** ("Dirty Foot"...Largo de São



Martinho, 6-7, +351 218 866 144), near the Cathedral. There's live music almost every night. But here we are: Bairro alto. In every street a multitude of people and bars everywhere; if you fancy a tequila or a caipirinha, stop at **A Tasca Tequila Bar** (Travessa da Queimada, 13-15, +351 213 424 910), a colourful Mexican bar, and if you'd like to enjoy some jazz music, there's the **Tertúlia** (Rua Diário de Notícias, 60, +351 213 462 704). If you want to play something at the piano, go ahead: it's at your disposal! If you're in a theatre mood, the

Teatro São Carlos (www.saocarlos.pt) and the **Teatro Nacional Dona Maria II** (www.teatro-dmaria.pt) will offer you some shows – remember that the São Carlos has more an opera-ballet style, while the Dona Maria II usually performs theatrical pieces (Portuguese and not).

As for the **cinemas**, good news: all the films are in the original tongue (subtitled in Portuguese), so you'll easily find a movie in English. In many shopping centres there are some cinemas (like the Centro Vasco da Gama or El Corte Ingles), but the **Instituto da Cinemática Portuguesa** (Rua Barata Salgueiro, 39, metro Avenida, +351 213 596 266) has a small cinema museum, which might be interesting, and mainly screens Portuguese contemporary and classical films (this might cause a slight problem with the language, though).

» INTERNET CAFES

If you need to have an internet access, you'll easily find an internet café. Their average price is around 2-3 € per hour, but in some of them you'll even get free internet connection. Here are some: **Mar Adentro Café** (Rua do Alecrim, 35, between the Cais do Sodré and Baixa-Chiado metro stations, +351 213 469 158), **NetCenterCafé** (Bairro Alto, Rua Diário de Notícias,

157-159, +351 213 230 012, www.netcentercafe.com). For 0.75 € per 15 minutes you'll get your pc at the **Cyber.bica** (Chiado, Rua Duques de Bragança, 7, +351 213 225 004, www.cyberbica.com); if you're in the Oriente area, then you can stop at the **CiberOceanos** (Oriente, Avenida D. João II, Gare de Oriente, +351 218 951 995, www.ciberocceanos.com).

» CITY EVENTS

FEBRUARY: *Carnival* – party! Join the carnival street parades!

MARCH: *Half Marathon* – from the “other side” of the 25th April bridge till the Mosteiro dos Jerónimos – start running!

Spring party – the “festa de primavera” is at the Belém Cultural Centre.

APRIL: The 25th is the *Revolution Anniversary*. Carnations are the flowers of the day!

Then, enjoy the *CCB Music Festival* – lots of concerts in a 3 days event!

MAY: *Rock in Rio* – a major music event in Bela Vista Park, it lasts 6 days and hosts international artists! *Super Bock Super Rock* – the famous beer is the sponsor of this great music festival. A week-end of music with singers from all over the world!

JUNE: On the 10th the *Dia de Portugal* will fill the city – and the country – with celebrations and parades, while from the 12th to the

Famous people from Lisbon

- Fernando Bulhão (Saint Anthony), 1195-1231;
- Vasco da Gama, conqueror, 1468-1524;
- Luís de Camões, writer, 1524-1580;
- Fernando Pessoa, writer(s), 1888-1935;
- Amália Rodrigues, fado singer, 1920-1999;
- Luís Figo, football player, 1972;
- Madredeus, fado group, 1985

28th there will be the *Festas dos Santos Populares* (feats of the popular Saints): grilled sardines are a must, and there are street parties all over the city.

An interesting event is the *Fado no eléctrico*: the tram n° 28 will turn itself into a riding stage, and its trips will be fado concerts held by famous fadistas. To continue your fado trip, there's the *Fado Festival*,



held inside the walls of the Castelo de São Jorge – magical.

JULY: From July till September, every week-end, Rua Augusta will be the centre of the *BaixAnima*, the street festival with music, dance, circus and sport events. Then, ready for some theatre? The *Almada*

LISBOA EM FESTA



International Theatre Festival will have theatrical pieces performed in various stages throughout the city.

AUGUST: Jazz. At the Fundação Gulbenkian. Artists from Europe

and the USA will jazz for you!

SEPTEMBER: Another *Half Marathon*, this time on the other side of the city: from Ponte Vasco de Gama to the Parque das Nações.

After the marathon, the *Festa do Avante* will cheer you up. It's organized by the Communist Party, and music of all genres will be played for everyone, no matter the political beliefs! Then, the *Lisbon Gay and Lesbian Film Festival* will screen more than 100 films!

OCTOBER: The *Chiado Feast* will fill the noble part of the city with concerts, expositions and lectures. If you're ready for some cat-walks, then go to *Moda Lisboa* – Portuguese designers will show their works at the Armazém Terlis.

NOVEMBER: *St. Martin's!* On the 11th take the chance to celebrate the good Saint with roasted chestnuts and *jeropiga* wine!

DECEMBER: A full *Marathon* – 42

km running throughout the city: it will make 3 circular routes, each one starting from Praça do Comércio.

And finally, the *Noite mágica*: say goodbye to the old year and welcome the new one, celebrate in Lisbon!

SUGGESTED FILMS:

Lisbon story, Win Wenders
April's Captains, Maria de Medeiros

SUGGESTED BOOKS

Declares Pereira, Antonio Tabucchi
The history of the siege of Lisbon, José Saramago
Any book by Fernando Pessoa

» USEFUL NUMBERS

Here's some numbers you may need:

Country code: 00351

Red Cross ambulance – 219 421 111

Red Cross hospital – 217 714 000

Lisbon Police - 218 641 000

Emergency number – 112

Forest protection - 117

Operator – 171

Telegrams – 1583

Tourist information – 808 781 212

Information on Portuguese telephone numbers – 118

Information on international telephone numbers – 177

Debited calls in Portugal – 120/
outside Portugal – 171

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