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Population

Inner city: 600.000

Greater Lisbon: 1.9 million

Currency

Euro, €1 = 100 cents

Opening hours

Generally 09.00 to 13.00 and 15.00 to 19.00, but many shops are now open during the lunch break.

Internet

www.visitlisboa.com

www.askmelisboa.com

www.visitportugal.com

Newspapers

Público

Diário de Notícias

Correio da Manhã

Emergency numbers

112

Tourist information

Turismo Lisboa

Address: Rua do Arsenal 15

1100-038 Lisboa

Tel: +351 210 312 700

E-mail: atl@visitlisboa.com

www.visitlisboa.com

LISBON

PUBLISHING DATE: **2012-03-02** | COUNTRY CODE: **PT**

Contents: The City, Do & See, Eating, Cafes, Bars & Nightlife, Shopping, Sleeping, Essential Information, Maps

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Lisbon basks in the sun reflecting off the Tejo River and quickly seduces most visitors. The mixture of history and modernity, of small town and metropolis, of the antiquated and the shining new is irresistible. Add excellent shopping, late but safe night life and restaurants with Europe's best fish, and you have the city in a nutshell.

THE CITY



© Rustam Aliyev

Lisbon's heart is beside the river, even if the city has grown in all directions. Sit down at a pavement café on Rossio Square and you will see the Baixa, the flat city centre, that dates from the 18th-century, between yourself and the river bank. Look up in one direction and you will see the São Jorge on the top of a hill. Look in the other direction and you will see the ruin of the Carmo Church on another hill. Walk, or take a tram to one of them and you will discover the quarters of old Lisbon, most of them with a magnificent view of the rest of the city and the river.

Wander north from Rossio, you will soon end up on a stately 19th-century avenue, in the part of the city which is still called "Avenidas Novas." Even further north, the buildings become really new, with the city's two large football grounds, Luz and Alvalade, and lastly the airport which is twenty traffic-jam-free minutes in a car from Rossi. Most of the best sights, restaurants and nightlife are situated along the river. There is good shopping along the Avenidas Novas, but otherwise the rule is to keep close to the river to get the best out of your visit.



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DO & SEE



© Pedro Ribeiro Simões

There are plenty of things to do and see in Lisbon. Below are a few suggestions on how to spend your time here:

Castelo De São Jorge

Castelo de São Jorge is one of the oldest structures in Lisbon. Once a fortress (taken by the Moors in 1147), and now a must see landmark with fantastic views over the city.

Address: Castelo de São Jorge
Phone: +351 218 800 620
Internet: www.castelodesaojorge.pt

Mosteiro Dos Jerónimos

In Belém, just west of the city along the river, is Lisbon's and possibly Portugal's most important historical monument. Here is an opulent church and cloistered garden built in the elegant Manuelian style at the beginning of the 16th-century when Portugal was a great sea-going power. There are several other sights close by.

Address: Praça do Império
Phone: +351 213 620 034
Internet: www.mosteirojeronimos.pt

Museu Do Azulejo

Devoted to the tiles which are so typical in Portugal, housed in a monastery whose varying building styles and decoration gives a good summary of the country's history. One of the high points is an enormous tiled fresco which shows Lisbon as it was just before the big earthquake in 1755.

Address: Rua da Madre de Deus 4
Phone: +351 218 100 340
Internet: www.ipmuseus.pt

Fundação Gulbenkian

The largest single cultural institution in Portugal was founded in 1955 when Calouste Gulbenkian, the Armenian oil millionaire, donated his estate to the country that had welcomed him during World War II. The museum, constructed in 1969, which houses his extensive collections, is part of a larger complex that includes concert halls, a park, restaurants and a museum of modern art.

Address: Largo da Madre de Deus 4
Phone: +351 218 100 340
Internet: www.gulbenkian.pt, www.museu.gulbenkian.pt

Parque Das Nações

The area where Expo 98 was held has been successfully transformed into a centre for exhibitions, leisure and culture. The extensive amount of building since the Expo almost overshadows pearls such as Siza Vieira's Portugal pavilion and Santiago Calatrava's adjacent Oriente Station.

Address: Avenida Dom João II
Phone: +351 218 919 898
Internet: www.portaldasnacoes.pt

EATING



© Marijke Blazer

In Lisbon, you can find both modern, sophisticated restaurants and simple, traditional ones. In general, you will find the strongest Portuguese ambience in the simple, traditional places. Small, unpretentious restaurants are all over the place and do not require booking. At most of the restaurants below, it is safest to book a table. Many restaurants are closed on Sundays or Mondays.

Eleven

One of the most sophisticated places that Lisbon can offer, with a sculpture by Joana Vasconcelos in the entrance to the post-modernistic box at the top of the Eduardo VII park. The cuisine is supervised by Joachim Koerper, who has been awarded prizes by Guide Rouge and who has all of Iberia as his territory.

Address: Av. Marquês da Fronteira Jardim Amália
Phone: +351 213 862 211
Internet: www.restauranteleven.com

Bica Do Sapato

Trendy restaurant that lives well on the fact that John Malkovich is one of the owners, but worth a visit even when he is not there. Retro-decor harbour warehouse with dining room, bar, sushi department and a small pavement cafe. Excellent Portuguese and international cuisine.

Address: Cais da Pedra à Bica do Sapato
Phone: +351 218 810 320
Internet: www.bicadosapato.com

Terreiro Do Paço

Brasserie with pavement tables at street level, and gourmet restaurant one floor higher up. Vitor Sobral uses the best Portuguese ingredients to produce a straight, simple menu downstairs, and a more imaginative, elaborate one upstairs.

Address: Praça do Comércio
Phone: +351 210 995 679
Internet: www.terreiro-paco.com

Martinho Da Arcada

One of Lisbon's oldest restaurants, with Fernando Pessoa as the most illustrious regular guest. Enjoy traditional Portuguese cuisine in a noisy dining room or on a pavement table in the arcade. There is also a backyard, a beautiful tiled café with priceworthy food.

Address: Praça do Comércio 3
Phone: +351 218 879 259
Internet: www.martinhodaarcada.pt

Casa Do Alentejo

Unique environment in a slightly dilapidated, neo-Morish private palace two flights up from the street. The cuisine is simple traditional fare from the Alentejo region.

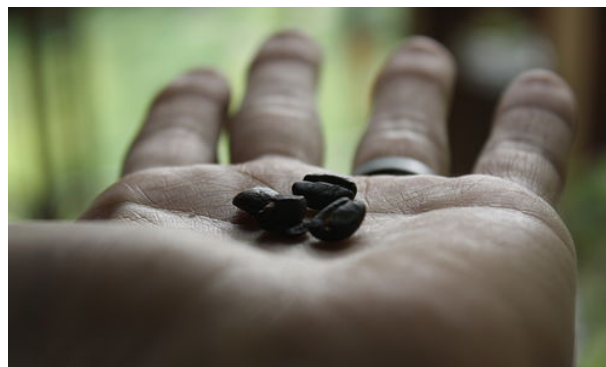
Address: Rua Portas de Santo Antão 58
Phone: +351 213 405 140
Internet: www.casadoalentejo.pt

Cervejaria Trindade

This is one of the most historic and popular restaurants in Lisbon. Cervejaria Trindade is an ale-house restaurant with a well decorated and beautiful room. The restaurant offers Portuguese cuisine and has a nice mixture of people, locals, business people and, of course, tourists. Arrive early so you do not have to wait in line.

Address: Rua Nova da Trindade 20C
Phone: +351 213 423 506
Internet: www.cervejariatrindade.pt

CAFES



© Travis Modisette

If you're tired and in need of a short break, why not visit one of Lisbon's cafés?

Nicola

Fashionable café with good pavement tables where you can look at the people around Rossio Square. There has been a café here since the 18th century, but the current art deco decor dates from 1929. There's also a restaurant in the cellar.

Address: Praça Dom Pedro IV, Rossio
Phone: +351 213 477 925
Internet: www.nicola.pt

A Brasileira

A famous and classic café in Lisbon with magnificent, dark panelled interior dating from 1905, newspaper and tobacco kiosk, and pavement tables which are looked at just as much as they are a vantage point.

Address: Rua Garrett 120
Phone: +351 213 469 541

Antiga Confeitaria De Belém

Home to Lisbon's most famous cake, a custard bun called Pastel de Belém here, pastel de nata in other places, and the perfect accompaniment to a bica - the Portuguese espresso. The recipe is said to have come from the monks in the adjacent Jerónimo monastery, and its secret is preserved by three bakers who bake them every morning behind locked and barred doors. About 10.000 a day get eaten!

Address: Rua de Belém 84

Phone: +351 213 637 423
Internet: www.pasteisdebelem.pt

Pastelaria Suica

This popular cafe is a favorite among many due to its history and the wide variety of pastries, cakes and fruit juices. The café was founded in 1922 and is located on one of the city's busiest squares, Rossio. They have also an outside terrace where you can sit and enjoy the sun and your coffee.

Address: Prç. D. Pedro IV Rossio, 96
Phone: +351 213 21 40 90
Internet: www.casasuica.pt

Cafe No Chiado

This café is located between Teatro de S. Carlos (Opera House) and Teatro de S. Luis (city Theatre). Here you can have lunch, tea or dinner. The atmosphere is described as cozy and you can enjoy your food or drink in the outdoor restaurant, if the weather permits.

Address: Largo do Picadeiro 10
Phone: +351 213 460 501
Internet: www.cafenochiado.com

BARS & NIGHTLIFE



© Retinafunk

The Bairro Alto is the restaurant and bar quarter par excellence: many people's evening starts here with a meal and then a walk from one of the small bars to another. This often goes on until about two, after which people go to the clubs.

Lisbon is a city that takes its night life seriously. Shortly after midnight, it is best to move down towards the river and the larger clubs along the Avenida 24 de Julho, to the Docas area and Alcântara, where the coolest dance floors are never filled before two in the morning.

Enoteca/chafariz Do Vinho

Still the best place to sample Portuguese wine, either at the small pavement café or in the cool interior - a monumental former water supply depot. A brief food menu complements the long wine list.

Address: Rua da Mãe de Água à Praça da Alegria
Phone: +351 213 422 079
Internet: www.chafarizdovinho.com

Pavilhão Chinés

No other bar in Lisbon has yet managed to outdo Luís Pinto Coelho's decor, installed in the 1970s: thousands of collectible objects, from model battleships to dolls and beer mugs, in glazed cabinets which cover most of the walls in the bar's many rooms.

Address: Rua Dom Pedro V 89
Phone: +351 213 424 729
Internet: www.barpavilhaochines.blogspot.com

Lux

People who hang out in smaller bars like to regard themselves as alternatives, and turn up their noses at the larger clubs with commercial music and a sea of dancers. However, everybody meets at Lux, the city's ultimate night club.

Address: Avenida Infante Dom Henrique
Phone: +351 21 882 08 90
Internet: www.luxfragil.com

Kremlin

One of the city's most eccentric discotheques, which manages to attract hordes of young Portuguese, and tourists, who preferably dance to Techno and Acid House.

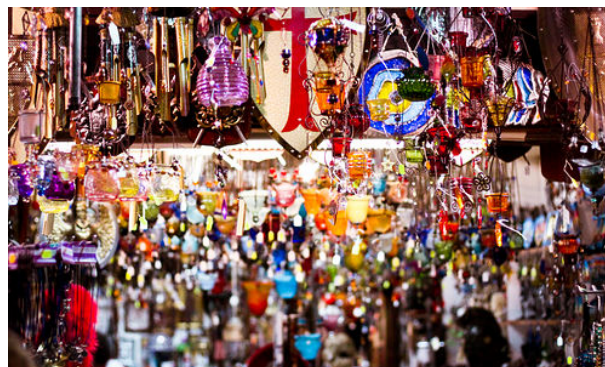
Address: Escadinhas da Praia, 5
Phone: +351 21 393 29 31
Internet: www.grupo-k.pt

Belém Bar Café

A sophisticated bar/club/restaurant offering a great venue if you feel like wearing your best clothes and go out for a fun night.

Address: Av. Brasília, Pavilhão Poente
Phone: +351 213 624 232
Internet: www.belemparcafe.com

SHOPPING



© Alexander Persona Grata

A lot of the shopping in Lisbon is now housed in enormous shopping centres such as Colombo and Amoreiras, or in smaller gallerias. The city's old centre, Baixa, retains its identity as a traditional shopping district, where you walk on the streets (some of them traffic-free) between the shops, with the sun in your face.

Chiado is close to Baixa, and has the reputation of being the city's finest shopping district. Chiado successfully manages to combine the gallery model with open shopping, blending the best of both worlds.

El Corte Inglés

Lisbon's only true department store is Spanish, but the Portuguese put aside their suspicions of their larger neighbour here. The range of goods is quite varied, with international brands and a number of Portuguese designers, together with the store's own low-price lines. There is a large food hall and gourmet shop downstairs, restaurants and cinemas – and direct access to the Underground.

Address: Avenida António Augusto de Aguiar 31
Internet: www.elcorteingles.pt

Santos Ofícios Artesanatos

Houses the best examples of Portuguese traditional art and handicrafts, without the usual tiresome tourist range at your heels.

Address: Rua da Madalena 87
Phone: +351 21 8872031
Internet: www.santosoficios-artesanato.pt

Fátima Lopes

One of Portugal's most successful designers, whose clothes are famed for their in-your-face sexiness. Her shop is also a workshop and a bar, with late hours.

Address: Rua da Atalaia 36
Phone: +351 21 324 05 46
Internet: www.fatima-lopes.com

FNAC

This French chain has Lisbon's best-stocked bookshop, with a relatively large selection of foreign literature plus music, computers and other home electronics. Performances of various kinds are regularly arranged in the shops.

Address: Armazéns do Chiado and Centro Colombo
Internet: www.fnac.pt

Coisas Do Arco Do Vinho

Their scale and selection make them the best wine shop in Lisbon, especially in regards to Port wine. Literature and all kinds of wine accessories are also on sale.

Address: Rua Bartolomeu Dias
Phone: +351 213 642 031
Internet: www.coisasdoarcodovinho.pt
More Info: Located next to the Centro Cultural de Belém

SLEEPING



© Pedro Ribeiro Simões

A few suggestions for your hotel stay in Lisbon:

Palácio Belmonte



Palacio Belmonte is about light, privacy and exceptional views it is an attitude and a lifestyle. A tranquil heaven and the most acclaimed hotel in Lisbon. A Palace where luxury is synonymous of encountering one's emotions. Eleven suites, on 3700 sq m, 7 terraces, books, art, chimneys, piano and an infinity pool. A very discreet, attentive and imaginative team to show you the best time. Discover the magic behind the red doors! Have one suite or have it all in exclusivity!

Address: Páteo Dom Fradique, 14, 1100 - 624
Phone: +351 21 881 66 00
Internet: www.palaciobelmonte.com

Pestana Palace

This minutely restored and renovated 19th-century palace, in a peaceful setting just outside the centre, is one of the city's top hotels. Most of the rooms are housed in the two newly erected wings.

Address: Rua Jau 54
Phone: +351 213 615 600
Internet: www.pestana.com/en/pestana-palace-lisbon

Bairro Alto Hotel

New, prominent hotel in the centre of the city: 55 rooms in an imposing 19th-century building whose

facade has been preserved, whereas the interior combines modern design and technology with classical elements.

Address: Praça Luís de Camões 2
Phone: +351 213 408 288
Internet: www.bairroaltohotel.com

Vip Eden Aparthotel

Very central apartment hotel housed in an art deco building that used to be a cinema. Practical apartments, with restrained styling and pantry. Swimming pool on the roof with a magnificent view of the city.

Address: Praca dos Restauradores, 24
Phone: +351 213 216 600
Internet: www.edenaparthotelvip.com

Residencial Florescente

Well-managed and neat hotel on a pedestrian street in the crowded centre. Close to good restaurants, shopping, etc.

Address: Rua Portas de Santo Antão 99
Phone: +351 213 426 609
Internet: www.residencialflorescente.com

Lisbon Old Town Hostel

This hostel opened its doors in 2007 and is located in one of the 7 hills of Lisbon (old town) in an 18th century building. Is renovated to give you all the comfort you need and cleanliness is very important for the owners. Breakfast is also included when staying at this hostel.

Address: Rua do Ataíde, 26A
Phone: +351 213 465 248
Internet: www.lisbonoldtownhostel.com

ESSENTIAL INFORMATION



© John Leslie

Fastcheck's free Lisbon travel guide provides you with some essential information before your trip. At the end of the guide you will find maps and street index.

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FOREX BANK

Exchange Office

There are more fun things to do on your holiday than look for exchange offices or ATMs. Exchange your currency before you leave and get time to do things that you really want. At Forex Bank you can always buy foreign currency free of charge, at hours that suits you. For more info about Forex Bank visit our website or click:

<http://www.forex.se/sv/Om-FOREX/Bankbutiker/>

Airport

Lisbon Airport, Portela, is so close to the centre that it is going to be relocated, but, until then, it is quick, easy and cheap to get to and from.

There are two Airport buses operating from 7.00-23.00. Aerobus connects the Airport and Cais do Sodré,

departing every 20 minutes. Aeroshuttle links the Airport with city centre and Parque das Nações (EXPO '98 area) and departs every 30 minutes. This service also assures the connection with the Coach Terminal at Sete Rios. Both buses serve the main Lisbon hotels. The tickets cost €3.35 and are valid all day on both the Airport buses as well as the public transport buses, trams and funiculars.

A taxi to the centre costs about €10 more if you have a lot of luggage. The traffic is also somewhat higher during nights and weekends. Expect between twenty minutes and a half an hour travelling time.

Internet: www.ana.pt

Public Transport

Lisbon is well provided for with public transport, including buses, Underground, local trains, ferries, trams and funiculars. The two latter are the least efficient but most entertaining. Ticket prices are around €1.50. Buses and Underground stop running at about 01.00 am, there are night buses but it is easiest to take a taxi for late night journeys.

Internet: www.metrolisboa.pt, www.carris.pt

Taxi

Can be stopped on the street, taken from stations or phoned. In central Lisbon, empty taxis circulate frequently, except during rush hours or when it rains. Tips are not mandatory, but are appreciated even if they are small.

Autocoope
Phone: +351 217 932 756

Retalis Rádio Táxis
Phone: +351 218 119 000

Teletáxis
Phone: +351 218 111 100

Post

The post offices are open from Monday - Friday 09.00-18.00. The main post office at Praça dos Restauradores has longer opening hours, 08.30-22.00, during the week and is open 09.00-18.00 on Saturdays and Sundays.

Address: Praça dos Restauradores
Internet: www.ctt.pt

Pharmacy

Each suburb has a 24 hour pharmacy (farmácia, with a green cross) according to a schedule posted in the windows of closed pharmacies. Opening hours are otherwise 09.00-13.00 and 15.00-19.00.

Internet: www.farmaciasportuguesas.pt

Dentist

The public dental clinics are not very expensive, but do not maintain the highest standards either. There are Swedish and English dentists at Clínica Europa in the Carcavelos suburb.

Address: Rua de Catembe 107
Phone: +351 214 569 800

Telephone

Country code: +351

Area code: 021

Electricity

220 Volt/50Hz

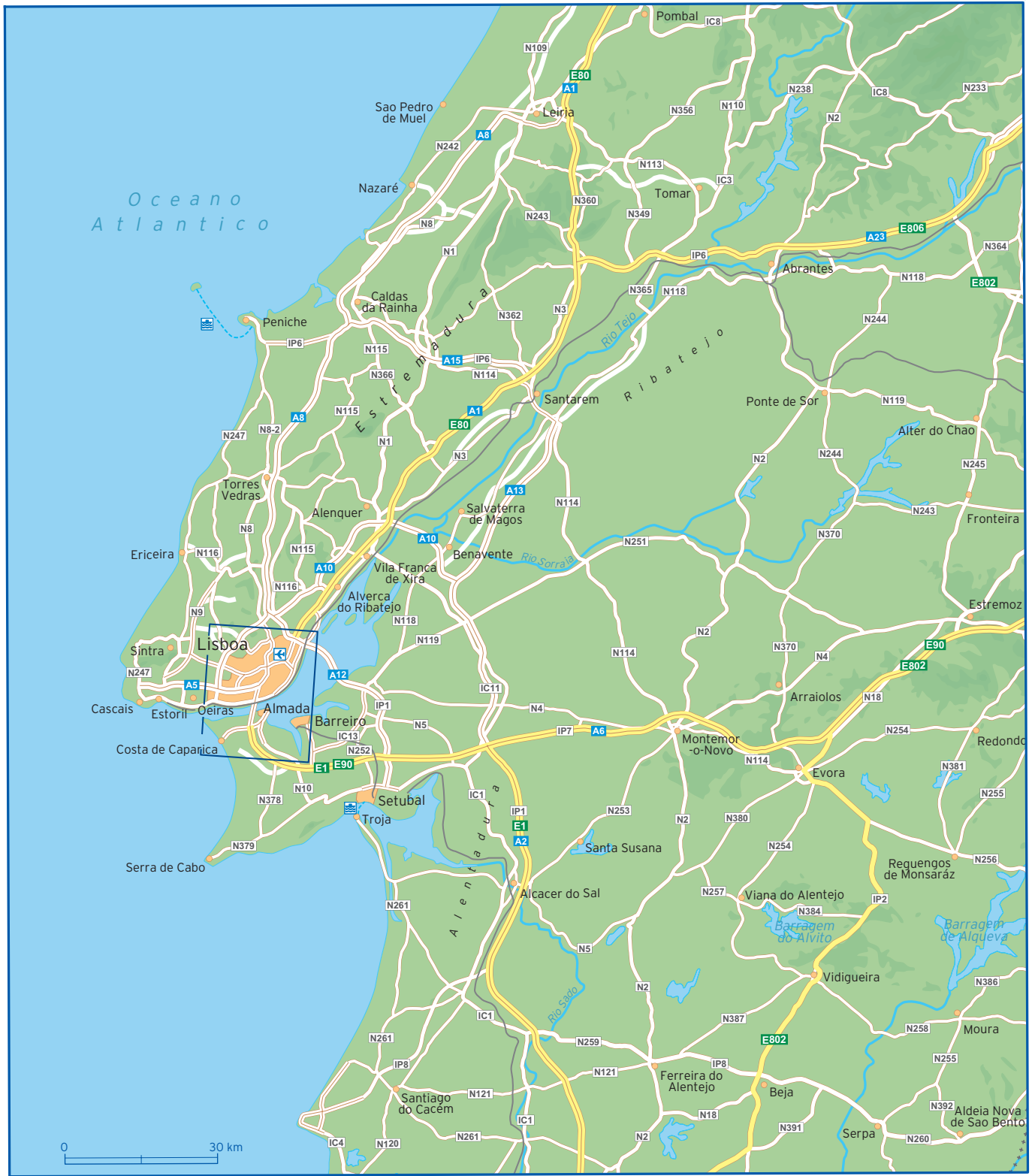


Metropolitano de Lisboa



- linha Azul
- linha Amarela
- linha Verde
- linha Vermelha
- in Bau
- in Planning

Rio Tejo



Avenida Almirante Reis	D1 D2	Rua da Atalaia	B3	Rua do Conde de Redondo	B1 C1
Avenida Alvares Cabral	A2	Rua da Boavista	A4 B4	Rua do Limoeiro	D4
Avenida da Liberdade	B2	Rua da Chagas	B3 B4	Rua do Norte	B3
Avenida Dom Carlos I.	A3 A4	Rua da Conc. da Gloria	B2 B3	Rua do Passadico	C2
Avenida Duque de Loulé	B1 C1	Rua da Conceicao	C4	Rua do POCO do Negros	A3
Avenida Fontes Pereira de Melo	B1	Rua da Costa do Castelo	C3 D3	Rua do S. Pedro	D4
Avenida Infante D. Henrique	C4 D4	Rua da Cruz dos Poiais	A3	Rua do Saco	C2
Avenida Joaquim A. de Aguiar	A1 B1	Rua da Escola do Exército	C2 D1	Rua do Salvador	D3 D4
Avenida Ribeira da Naus	B4 C4	Rua da Escola Politécnica	A2 B3	Rua do Século	B3
Avenida Sidónio Pais	B1	Rua da Gloria	B2 B3	Rua do Telha	C2
Avenida Vinte e Quatro de Julho	A4 B4	Rua da Graca	D2 D3	Rua Dom Joao V	A2
Calc da Estrela	A3	Rua da Guia	D3	Rua dom Luis I.	A4 B4
Calc de Santana	C3	Rua da Imprensa	A2 A3	Rua Dona Estefania	C1
Calc. da Gracia	D3	Rua da Madalena	C3 C4	Rua dos Bacalhoeiros	C4 D4
Calc. de S. Vicente	D3	Rua da Misencordia	B3 B4	Rua dos Fanqueiros	C3 C4
Calc. do Monte	D3	Rua da Palma	C3 D3	Rua dos Salitre	A2 B2
Calcada do Combro	A3 B3	Rua da Palmeira	B3	Rua Eduardo Coelho	A3 B3
L. Martim Moniz	C3	Rua da Paz	A3	Rua Emenda	B4
Miradouro de Sta Catarina	A4 B4	Rua da Prata	C4	Rua F. Ribeiro	D1
Miradouro Senhora do Monte	D2	Rua da Ribeira Nova	B4	Rua F. Tomás	A3
Paco da Rainha	C2 D2	Rua da Rosa	B3	Rua Forno do Tijolo	D1 D2
Praca de Principe Real	B2 B3	Rua da Taipas	B3	Rua Franc. Sanches	D1
Praca do Comercio	C4	Rua Dam. Monteiro	D3	Rua Gomes Freire	C1
Praca do Ribeira	C4 D4	Rua Damasceno Monteiro	D2	Rua Gonc. Crespo	C1
Praca Dom Pedro IV	C3	Rua das Amoreiras	A1 A2	Rua Inst. Bacteriologico	C2
Praca Marques de Pombal	B1	Rua das Flores	B4	Rua Inst. Industrial	A4
Roa dos Anjos	D1 D2	Rua das Francesinha	A3	Rua J. Bonifacio	C1
Rua A. M. Cardoso	B4	Rua de Alfandega	C4 D4	Rua J. Estevao	D1
Rua Alexandre Braga	C1 D1	Rua de Angola	D1	Rua Jacinta Marto	C1 D1
Rua Alexandre Herculano	A2 B2	Rua de Barao	D4	Rua Joao Penha	A1 A2
Rua Andr. Corvo	B1 C1	Rua de D. Pedro V.	B3	Rua Luciano Cordeiro	C1 C2
Rua Angelina Vidal	D2	Rua de Madres	A3 A4	Rua Luz Soriano	B3
Rua António	D1	Rua de Mocambique	D1 D2	Rua M. Olivete	A2 A3
Rua Artilharia Um	A1	Rua de Olarias	D2 D3	Rua Maria	D2
Rua Augusta	C4	Rua de Prazeres	A2 A3	Rua Maria Andrade	D2
Rua Aurea (Rua do Ouro)	C3 C4	Rua de S. Amaro	A3	Rua Maria da Fonte	D2
Rua Barata Salgueiro	B2	Rua de S. Bento	A2 A3	Rua Marques da Silva	D1
Rua Bern. Marques	A3	Rua de S. Filipe Nery	A1 A2	Rua Mig Lupi	A3
Rua Bern. Ribeiro	C1	Rua de S. Juliao	C4	Rua N da Trindade	B3 B4
Rua Braamcamp	A2 B1	Rua de S. Lázaro	C2 C3	Rua N. do Loureiro	B3
Rua C. C. Branco	B1	Rua de S. Macal	A2 A3	Rua Palmira	D2
Rua C. de Sousa	A3 B2	Rua de S. Mamede	C4 D4	Rua Pascoal de Melo	D1
Rua C. Pestana	C2	Rua de S. Pedro Mártir	C3	Rua Passos Manuel	D1
Rua Caetano	B3	Rua de S. Vicente	D3	Rua Regueira	D1 D2
Rua Cap. R. Baptista	C2 D2	Rua de Santa Maria	B1	Rua Rodrigo da Fonseca	A1 A2
Rua Capelo Ivens	B4 C4	Rua de Sao José	B2	Rua Rodrigues Sampaio	B1 B2
Rua Card. de S. José	B2 C2	Rua de Sol	A3 B3	Rua Rosa Araujo	B2
Rua Castilho	A1 B1	Rua de Sta Barbara	D1 D2	Rua S. Gens	D3
Rua Cid. Liverpool	D1	Rua do Alecrim	B4	Rua S. Tiago	D4
Rua Cruz da Carreira	C2	Rua do Alegrete	C3 D3	Rua Serpa Pinto	B4
Rua da Acad. das Ciencia	A3 B3	Rua do Arsenal	B4 C4	Rua Sousa Martins	B1 C1
Rua da Almada	B3 B4	Rua do Benfornoso	D2 D3	Rua Terr.do Trigo	D4
Rua da Arroios	D1	Rua do Comercio	C4	T. de Carvalho	B4
Rua da Assuncao	C3 C4				