

Cycling the South of Portugal

Odette Batik

27 Sep to 17 Oct, 2023



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This document is meant to assist you in the different stages of your journey in Portugal. The information it contains should be seen as a general guidance to accompany you throughout your stay but since traveling is all about exploring we invite you to enjoy every moment of your trip freely, in your own way, at your own pace and without "following recipes". Also, if you're the kind of traveler who doesn't want to miss the tiniest bit of a trip, in addition to this road book you might want to bring along a detailed guide or even refer to the internet for specific tips and up to date events.

My Contents

For ease of use this road book is divided in the following "chapters":

1. Essential Information

Basic but important information about the country, as well as driving tips for Portugal.

2. My Itinerary

Information about your itinerary, as well as day by day suggestions of what to do and see. This information shall be complemented with the specific information contained in the last chapter (4. Information on Destinations and Places of Interest).

3. My Reservations: Accommodation and Other Reservations

Addresses and other details of your accommodations and other reservations made for your trip.

4. Information on Destinations and Places of Interest

Information about the places you'll visit, including main attractions and history. Here you'll also find suggestions of restaurants and places to eat in each of the main destinations along your itinerary.

1. Essential Information: General

Currency

The Euro (EUR - €) is the official currency of Portugal. 1 Euro is divided into 100 cents. There are 8 coins: 1, 2, 5, 10, 20 and 50 cents, and 1 and 2 Euros; and 7 bills: 5, 10, 20, 50, 100, 200 and 500 Euros. The EUR/USD exchange rate is obviously variable but it's often close to 1.10-1.15 USD per EUR.

Time Zone and time differences

Portugal's time zone is the Western European Time Zone, which is the same as the UK (also adopting the Daylight Saving Time) and is 5 hours ahead of the American EST (Eastern Standard Time) in summer

Using the phone

Portugal's phone country code is +351 meaning that if you want to any Portuguese phone number when using your (foreign) phone you need to dial this code in order to access Portuguese numbers. Also, if you want to call another country from Portugal you'll need to dial the respective country code first in order for the call go through.

! Important

If your phone/communications plan doesn't include Portugal, consider getting a SIM card in order to have always access to internet. Vodafone for instance has special SIM cards for travelers with plenty of GB of data and also some air time.

Restaurants and tips

Although local variations may apply, restaurants in Portugal normally serve lunches from 12:00 pm to 03:00 pm, and dinners from 07:00 pm to 10:00 pm. The price of an average meal can be estimated at about 15-30 €. Tips are not included in the bills and tipping is optional. In general Portuguese people will tip taxi drivers, waiters, baggage handlers, guides, etc if they feel they've been well served.

The Language

Portuguese is the only official language commonly spoken in Portugal although in most places, especially in cities, people will be able to understand and communicate in English.

💡 Some useful words and expressions

Hi/Hello - Olá
Thank you - Obrigado
Please - Por favor
Good morning/evening - Bom dia/noite
Beer - Cerveja
Bathroom - Casa de banho
Street - Rua
Goodbye - Adeus
Water - Água
Wine - Vinho
Cheese - Queijo

Normal operating Hours

- Trade: Business Days - 9 am to 7 pm (often with a lunch break of 1 to 2 hours, although many shops are open at lunchtime). Some businesses are open on Saturdays all day, some are only open in the morning and some are closed. As a general rule, businesses are closed on Sundays. Shopping centers have a longer operating hours and are open during weekends. - Banks: Banks operate from Monday to Friday between 8:30 and 15:00. - Pharmacies: Pharmacies normally adopt the general trade operating hours (often open on Saturdays only in the morning), and normally won't close in lunchtime. All pharmacies, even closed, indicate the nearest 24-hour service pharmacy. - Post: Post offices are open between 9 am and 6 pm on working days. Central post offices and airports' post offices are open on Saturdays.

Religion

According to the Portuguese Constitution, Portugal is a secular country. Nevertheless Portuguese people are predominantly Catholic (around 80% of the population) but the religious freedom enshrined in the Constitution is reflected in the presence in Portugal of various cults.

Useful contacts

USA Embassy (Lisbon)

Address : Av. das Forças Armadas 133C, 1600-081 Lisboa

Phone: +351 217273300

Police & Emergencies

Phone: +351 112

Tourism Police (Lisbon)

Address: Palácio Foz - Praça dos Restauradores

Phone: +351 213 421 623

1. Essential Information: Driving in Portugal

Remember to carry with you

- Driving license
- Credit card

An amount for deposit will be blocked in your credit card to safeguard any unforeseen expenses or in case you want to keep the vehicle a few more days. If you want a second driver, it will be your responsibility to pay for this extra.

Mandatory: the credit card must bear the name of the main driver.

Tolls

All the ordinary roads are free but this is not the case with highways where you are charged to use them. Payment booths are present at toll stations at the entrance and exit of most highways. However, some highways in Portugal have an exclusively electronic payment system, which means that there are no toll stations and the passage of cars is controlled through cameras in the gantries. These paths are marked by the words "Electronic toll only".

If the vehicle does not have an electronic device when passing under the highway gantry, the registration plate of the vehicle will be photographed and kept in a log until the toll is paid. This payment should be made starting on the 2nd day after the passage through the toll and for a period of 5 working days at the post offices (CTT) or offices owned by "Rede Payshop".

Suggestion

In order to avoid this hassle we **strongly suggest** that you rent one of these **electronic toll devices** when picking up the car. If you get the electronic toll device you should use the green lanes marked with a V - "via verde" (green lane).



Speed limit

You should respect the speed limits for the different roads:

- Highways : 120 kph. - National Roads : 90 kph
- In (most) Urban areas : 50 kph

Driving with alcohol

You are allowed to have residual levels of alcohol in your blood. The limit is 0.5 g of alcohol per liter of blood. If you are tested by the police and have a higher concentration of alcohol than this you will be fined and depending on the quantity you might be taken into police custody and your vehicle will be immobilized.

Police controls

You might be stopped by the police for some control (identity control, alcoholaemia control, etc.). If this ever happens understand that the police role is to ensure your safety. If asked, hand your documents (normally passport and driving license) for checking.

Warning

Unlike in North America, in Portugal you cannot turn right in a red traffic light unless signaled otherwise

In the event of an accident or another problem on the road

Immobilize the vehicle, especially do not move it, even if it is across the roadway. A police officer must come and check the facts and make a report. A displacement of your car can distort a diagnosis and jeopardize your responsibility and the utilization of the insurance, risking a possible refund. A replacement vehicle will be offered to you only if your liability is not in question.

Note

The distances and driving times showed for each day refer exclusively to the hauls between places and do not include the time spent at each stop or the distances covered in car while at these places

2. My Itinerary

Date	Summary	Reservations	Overnig
Wed Sep 27	Welcome to Portugal!	Airport transfer Biovilla Sustentabilidade	Palmela
Thu Sep 28	Bike assembly day & test ride	Biovilla Sustentabilidade	Palmela
Fri Sep 29	Riding day 1: Palmela - Escoural	Bagage transportation Girassol Alojamento Local	Escoura
Sat Sep 30	Riding day 2: Escoural to Évora	Bagage transportation Hilton Garden Inn	Évora
Sun Oct 01	Riding day 3: Évora to Cuba	Bagage transportation Cuba Real Guesthouse	Cuba
Mon Oct 02	Riding day 4: Cuba to Castro Verde	Bagage transportation 4Bs - Birds & Bicycles	Castro Verde
Tue Oct 03	Riding day 5: Castro Verde to Salir	Bagage transportation Casa da Mãe	Salir
Wed Oct 04	Riding day 6: Salir to Silves	Bagage transportation Colina dos Mouros	Silves
Thu Oct 05	Riding day 7: Silves - Caldas de Monchique	Bagage transportation Hotel Central - Vila Termal Monchique	Caldas de Monchique
Fri Oct 06	Riding day 8: Caldas de Monchique to Sagres	Bagage transportation Mareta View	Sagres

Date	Summary	Reservations	Overnig
Sat Oct 07	Riding day 9: Sagres to Odeceixe	Bagage transportation Casa Luar	Odeceixe
Sun Oct 08	Riding day 10: Odeceixe to Sines	Bagage transportation Hotel Dom Vasco	Sines
Mon Oct 09	Riding day 11: Sines to Palmela	Bagage transportation Biovilla Sustentabilidade	Palmela
Tue Oct 10	Riding day 12: Palmela - Costa da Caparica	Bagage transportation TRYP Lisboa Caparica Mar	Costa da Caparica
Wed Oct 11	Costa da Caparica - Lisbon	Transfer Hotel Dom Carlos Park	Lisbon
Thu Oct 12	Sintra and Cascais guided visit	Guided visit Hotel Dom Carlos Park	Lisbon
Fri Oct 13	Free-day	Hotel Dom Carlos Park	Lisbon
Sat Oct 14	Free-day	Hotel Dom Carlos Park	Lisbon
Sun Oct 15	Free-day	Hotel Dom Carlos Park	Lisbon
Mon Oct 16	Free-day	Hotel Dom Carlos Park	Lisbon
Tue Oct 17	Departure	Airport transfer	NA

Wed Sep 27 : Welcome to Portugal!

Welcome to Portugal!

Welcome to Lisbon!

You'll meet your driver at the airport (arrivals hall) and he will take you to your accomodation.

Suggestions

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Reservations

Airport transfer

Biovilla Sustentabilidade

Thu Sep 28 : Bike assembly day & test ride

You'll have the day to prepare the bike and go for a test ride. You're in the middle of the mountains so the train ride will involve a bit of climbing but it will be worth it.

Suggestions

You can make a small detour if you want to go for a swim.

Reservations

Biovilla Sustentabilidade

Driving Route

[Map0](#)

29 mi, up 2.475ft, down 2.475ft

Fri Sep 29 : Riding day 1: Palmela - Escoural

One of the longest riding days in your tour, but if you are up to it you can make a detour to Montemor-o-Novo.

Suggestions

If you decide to visit Montemor the main highlight of the village is the medieval Castle

Reservations

Bagage transportation

Girassol Alojamento Local

Driving Route

[Map1](#)

54.2 mi, up 2.425 ft, down 2.225 ft

Sat Sep 30 : Riding day 2: Escoural to Évora

Today it's a short riding day, so you'll have time to visit Évora.

Suggestions

A suggestion of a [walking circuit](#) in Évora is: S. Francisco Church (bones chapel)-> D. Manuel Palace/Municipal Garden-> up to Giraldo Square-> Town Hall (where you can visit part of the roman baths)-> Roman Temple-> Cathedral-> downwards back to Giraldo Square

Reservations

Bagage transportation
Hilton Garden Inn

Driving Route

[Map2](#)

17.7 mi, up 675 ft, down 600 ft

Sun Oct 01 : Riding day 3: Évora to Cuba

An average riding day that will get you deep into the Alentejo region.

Suggestions

Some say that Columbus was actually born here and that's why when he arrived to Cuba he named it... Cuba!

On the way to Cuba you'll pass through Alvito. It might be a nice place for a break.

Reservations

Bagage transportation

Cuba Real Guesthouse

Driving Route

[Map3](#)

37.7 mi, up 875 ft, down 1.175 ft

Mon Oct 02 : Riding day 4: Cuba to Castro Verde

Today you'll still be in Alentejo - you'll cross to the Algarve only tomorrow.

Suggestions

On the way to Cuba you'll pass through Beja the biggest Alentejo city. Might be an option for a stop if you feel it's not too crowded.

Reservations

Bagage transportation

4Bs - Birds & Bicycles

Driving Route

[Map4](#)

39.3mi, up 1.250 ft, down 1.075 ft

Tue Oct 03 : Riding day 5: Castro Verde to Salir

You'll enter Algarve mountains today - expect some climbing. I think you'll like the scenery but you won't be passing through many villages today. So factor that in to plan your water reserves.

Suggestions

You'll be staying just outside Salir, but within walking distance from the town center. Almodovar might be a good place for a mid-day stroll and refuel.

Reservations

Bagage transportation
Casa da Mãe

Driving Route

[Map5](#)

36.5mi, up 2.650 ft, down 2.700 ft

Wed Oct 04 : Riding day 6: Salir to Silves

Another the day in the mountains of Algarve, but this one will be shorter, softer and with a lot of downhill.

As in the previous day, the scenary will be nice, but you won't be crossing many towns.

Suggestions

Silves has more to see than the previous layovers.

São Bartolomeu de Messines might be a good place for a mid-day refuel.

Reservations

Bagage transportation

Colina dos Mouros

Driving Route

[Map6](#)

27.5mi, up 1.275 ft, down 1.900 ft

Thu Oct 05 : Riding day 7: Silves - Caldas de Monchique

The shortest riding day of the tour will take you to a thermal area for a well deserved afternoon rest.

Suggestions

If your legs crave for more consider a detour to Monchique to visit [Velochique](#) a famous stop for cyclists.

[Fóia](#) - the highest point in Algarve - is not very far off as well.

Reservations

Bagage transportation

Hotel Central - Vila Termal Monchique

Driving Route

[MapZ](#)

14.6mi, up 1.075 ft, down 450 ft

Fri Oct 06 : Riding day 8: Caldas de Monchique to Sagres

You'll get to the westcoast today for some amazing views of the ocean. Sagres is famous for its winds by the way - hope it blows from the right direction.

Suggestions

From Sagres to Cape São Vicente is a 4mi ride if you want to detour to the end of the world.

Reservations

Bagage transportation
Mareta View

Driving Route

[Map8](#)

40.5mi, up 1.875 ft, down 2.500 ft

Sat Oct 07 : Riding day 9: Sagres to Odeceixe

On the last day in Algarve you'll be crossing some of my favourite places in the country.

Suggestions

If you are up to it consider making detours whenever you see beach signs. Getting to/from the ocean will involve climbing though.

Reservations

Bagage transportation

Casa Luar

Driving Route

[Map9](#)

36.8mi, up 1.675 ft, down 1.675 ft

Sun Oct 08 : Riding day 10: Odeceixe to Sines

As soon as you'll leave Odeceixe you'll be crossing back to Alentejo again.

Suggestions

Today getting close to the ocean won't involve as many detours as in the previous day.

Reservations

Bagage transportation

Hotel Dom Vasco

Driving Route

[Map10](#)

48.9mi, up 1.625 ft, down 1.550 ft

Mon Oct 09 : Riding day 11: Sines to Palmela

Another day close to the coast with a ferry to take you across the Sado river.

Suggestions

You might get lucky and spot some dolphins swimming in the Sado river.

Reservations

Bagage transportation

Biovilla Sustentabilidade

Driving Route

[Map11](#)

52.7mi, up 1.800 ft, down 1.325 ft

Tue Oct 10 : Riding day 12: Palmela - Costa da Caparica

The final riding day. You have to finish off the day with a dive in the ocean.

Suggestions

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Reservations

Bagage transportation

TRYP Lisboa Caparica Mar

Driving Route

[Map12](#)

28.7mi, up 975 ft, down 1.550 ft

Wed Oct 11 : Costa da Caparica - Lisbon

You'll be picked in the morning at your hotel and transferred to Lisbon. You'll have a free-afternoon to rest or start exploring.

Suggestions

Use the last section of the roadbook for suggestions of places to visit in your free time("4. My Information on Destinations and Places of Interest").

Reservations

Transfer

Hotel Dom Carlos Park

Thu Oct 12 : Sintra and Cascais guided visit

Your guide will pick you at your hotel in the morning for day trip to Cascais and Sintra.

Suggestions

Standing on the top of a hill, Pena Palace is the most famous Sintra Palace but also very busy (you need to buy scheduled entrance tickets, preferably on-line).

Reservations

Guided visit

Hotel Dom Carlos Park

Fri Oct 13 : Free-day

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Suggestions

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Reservations

Hotel Dom Carlos Park

Sat Oct 14 : Free-day

Suggestions

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Reservations

Hotel Dom Carlos Park

Sun Oct 15 : Free-day

Suggestions

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Reservations

Hotel Dom Carlos Park

Mon Oct 16 : Free-day

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Suggestions

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Reservations

Hotel Dom Carlos Park

Tue Oct 17 : Departure

You'll have an early flight so there won't be much happening today.

Suggestions

NA

Reservations

Airport transfer

3. Reservations

Accommodations

Name	Address	Tel	In	Out	Reservation
Biovilla Sustentabilid	Herdade de Pinhal Basto, Vale de Barris, CCI 4238, 2950-055 Palmela	+351 212 351 224	27 Sep	29 Sep	Odette Batik
Girassol Alojamento Local	Escoural	+351 962 484 139	29 Sep	30 Sep	Odette Batik
Hilton Garden Inn	Tv. João Rosa, 7005-413 Évora	+351 266 248 840	30 Sep	01 Oct	Odette Batik
Cuba Real Guesthouse	R. Luís de Camões 24, 7940-161 Cuba	+351 969 496 431	01 Oct	02 Oct	Odette Batik
4Bs - Birds & Bicycles	R. Morais Sarmento 68, 7780-216 Castro Verde	+351 964 204 617	02 Oct	03 Oct	Odette Batik
Casa da Mãe	Ameijoafra, 8100-155 Salir	+351 912 040 676	3 Oct	4 Oct	Odette Batik
Colina dos Mouros	Pocinho Santo, 8300-999	+351 282 440 420	4 Oct	5 Oct	Odette Batik
Hotel Central - Vila Termal Monchique	Caldas de Monchique, 8550-232	+351 282 910 910	5 Oct	6 Oct	Odette Batik
Mareta View	Beco Dom Henrique, 8650-327 Sagres	+351 282 620 000	6 Oct	7 Oct	Odette Batik
Casa Luar	R. da Várzea 28, 8670-320 Odeceixe	+351 966 472 693	7 Oct	8 Oct	Odette Batik
Hotel Dom Vasco	Rua do Parque 13, 7520-202 Sines	+351 269 630 960	8 Oct	9 Oct	Odette Batik
Biovilla Sustentabilid	Herdade de Pinhal Basto, Vale de Barris, CCI 4238, 2950-055 Palmela	+351 212 351 224	9 Oct	10 Oct	Odette Batik
TRYP Lisboa	Av. Gen. Humberto Delgado 47, 2829-	+351 212 918 900	10 Oct	11 Oct	Odette Batik

Caparica Name	Address	Tel	In	Out	Reservation
Hotel Dom Carlos Park	506 Costa da Caparica				
	Avenida Duque de Loulé, 121, 1050- 089 Lisboa	+351 213 512 590	11 Oct	17 Oct	Odette Batik

Other Reservations

Description	Date	Time	Tel	Meeting Point	Reservation
Airport transfer (Driver: João)	27 Sep	Upon arrival	+351 916 393 830	Arrival's hall - Lisbon Airport	Odette Batik
Transfer Costa da Caparica - Lisboa (Driver: João)	11 Oct	To be defined	+351 916 393 830	Hotel	Odette Batik
Guided visit Cascais and Sintra (Guide: Joel)	12 Oct	09:00	+351 917 407 441	Hotel	Odette Batik
Airport transfer (Driver: Joel)	17 Oct	To be defined	+351 917 407 441	Hotel	Odette Batik

4. Information on Destinations and Places of Interest

Évora

Topped by an imposing cathedral, Évora is laid out over a gently sloping hill rising out of the huge Alentejo plain. It guards its historic center with a vast outer wall and represents a valuable cultural legacy that UNESCO has classified as World Heritage.

The city, with its narrow streets of Moorish origin contrasting with squares where the light floods in, holds two millennia of history. Conquered in 59 B.C. by the Romans, they named it "Liberalitas Julia". In this period, Évora gained great importance as can be witnessed from the remains of that time: the ruins of a fine temple dated towards the end of the second century, various parts of the wall and the gateway more recently called Dona Isabel in addition to the remains of thermal baths below what is now the Municipal Council building.

Little remains of the Visigoth period (5th - 8th centuries). There then followed the Moorish period begun with the city's conquest by Tárique. This lasted through to the Christian reconquest in the 12th century. Yeborah, as it became known, had already received an indelible Moorish influence, most clearly seen in the Mouraria neighborhood.

After the Reconquest, in addition to between the inner and outer walls, urban development moved beyond the city's walls. The city was home to the court of various Portuguese kings of the first and second dynasties. During this period it was endowed with various palaces and monuments, particularly during the reigns of kings João II and Manuel (15th and 16th centuries).

Wander its streets and absorb the secret soul that a diverse range of cultural influences has laid down in this city of the World. There are also excellent restaurants and bars, esplanades, arts and handicraft stores and the youthful nature of those attending its university all adding up to a dynamic of the present with its roots very firmly in the past.

Évora has huge amount of monuments, but some of the major attractions include:

Giraldo Square. The central square of the city, dominated by a marble fountain from the 16th century. It is usually very busy, with its cafe terraces and shops.

Roman Temple, (or Diana Temple). Built in the 2nd and 3rd centuries, granite and marble, for the imperial cult, it is the symbol of the city.

The Cathedral. This Romanesque and Gothic building is a kind of fortress; it was erected in 1186 and consecrated in 1204. Its facade is flanked by two towers with conical spires that date back to the 16th century. Its portal represents the apostles placed on consoles, these sculptures of the 14th century are considered among the best in Portugal. The church has 3 naves 70 m long, it's one of the largest cathedrals in the country. The central nave is surmounted by a barrel vault and has a triforium like Lisbon's cathedral.

The transept is crowned by the most beautiful lantern tower of Portugal and the choir was built in the 18th century by the same architect of the convent of Mafra with Portuguese and Italian marbles; it contains paintings and sculptures from the 18th century. In the gallery, there are carved Renaissance stalls, and the organ is in the same style, dating back to the 18th century. The cloister is in granite, Gothic style and dates from the 14th century.

S. Francisco Church. The church was built by order of D. João II around 1480. The facade is extended by conical arrows and battlements, there is a covered gallery on the front. The portal features Manueline columns and arches and is surmounted by the D.João II pelican and the D.Manuel I sphere. The church has a single nave with several apses and in the choir there are royal tribunes of the Renaissance and a neoclassical altar in limestone. This church has a Bones Chapel, which was built in the 16th century to encourage Franciscan monks to mediate. Bones and skulls cover walls and pillars.

Near the church, a little further down, there is a public garden with the remains of D. Manuel's Palace, from the 16th century, with Moorish-style windows.

The University. Évora is also famous for its university, the oldest in the country after Coimbra. Founded in 1559 by the future king Dom Henrique, great masters such as Molina and Barradas shared their knowledge with the students.

Generally one can visit most of the place. A marble portal with Tuscan columns gives access to the central courtyard consisting of a classical cloister with a gallery on two levels, on which open classrooms, still equipped with the old chairs of teachers and benches of the time scholastic, and decorated with magnificent allegorical azulejos relating to the various subjects taught there. In front of the gate, the facade of the room Dos "Actos", from the 18th century, where the most

important ceremonies were held. The church Igreja do Colegio was carefully adapted for educational purposes, as evidenced by the loft in the middle of the hall and the excellent acoustics.

Tourism Offices

Giraldo Square (main square)

Where to Eat

Luar de Janeiro Restaurant (Évora), Address : Travessa do Janeiro 12, Évora

Taberna Típica Quarta-feira (Évora), Address: Rua do Inverno 16, Évora

Dom Joaquim Restaurant (Évora), Address: Rua dos Penedos 6, Évora

Silves

Under Moorish occupation, Silves was the capital of al-Gharb.

Silves's highlights include the **Moorish castle** and its vaulted thirteenth-century water cistern, the Cisterna Grande, that can hold enough water to supply 1200 people for a year (in use until the 1980s). The cistern is said to be haunted, during a full moon, by a Moorish maiden. The castle walls also offer great views over the surroundings.

Below the fortress, Silves's Sé (cathedral) was built between 1242 and 1577 on the site of the Grand Mosque. Until the 1755 earthquake it was Algarve's most important church.

Close by, you'll find the Museu Arqueológico (Archeological Museum), and its displays of local archeological finds.

Sagres

Sagres is the southwesternmost point in Europe, and Cabo de São Vicente was once thought to mark the edge of the known world. Some say that's why Henry the Navigator is believed to have set up his school of navigation here in the fifteenth century.

The Romans called this Promontorium Sacrum and later became a Christian shrine when the relics of the martyred St Vincent (4th century) were brought here (8th century). Later when the first Portuguese king conquered Lisbon from the Moors he had the remains moved from Sagres to Lisbon. The legend goes that

throughout the voyage by sea, two crows protected the ship. St Vincent became Lisbon's saint patron, and the ship and the two crows became the symbols of Lisbon.

Once Lisbon became the main departure point for the Portuguese explorers, Sagres lost its importance. Although it is not a handsome town, its dramatic position and beautiful coast attract numerous backpackers, divers, and surfers.

Sagres highlights, besides the coast, are its Fortress and the nearby cliff-fringed Cabo de São Vicent with its light-house.

Lisbon - Old Town - Marquis of Pombal Square and Baixa Pombalina

From this square, who many consider the very center of Lisbon, you can go down Liberdade Avenue (19th century) lined with large canopy trees, hotels, shops, boutiques and cafes.

In the lower part of the Liberdade Avenue you'll find **Restauradores Square**. This square is dominated by an obelisk commemorating the Revolution of 1640 that liberated the country from Spanish rule and proclaimed the independence of Portugal.

On the right, the Palácio Foz: neoclassical building that now houses the Lisbon Tourist Office. Next door, a funicular climbs to Bairro Alto, and to the viewpoint of S. Pedro de Alcântara. Next to the palace, the Eden Theater, which was inaugurated in 1937, has retained its Art Deco facade and a magnificent staircase. Further on, you will see the Avenida Palace Hotel, one of the oldest in Lisbon, and then the Rossio train station with a beautiful neo-Manueline facade.

Right in front of Rossio's train station one finds the **Rossio Square** which marks the beginning of **Baixa Pombalina**. This part of the city owes its name to the Marquis of Pombal who was the main responsible for the reconstruction of Lisbon after the great earthquake of 1755. This earthquake destroyed almost the whole city, especially when it was immediately followed by a tidal wave and many fires.

Thanks to Marquis de Pombal, Lisbon became a modern city, with very wide streets and buildings built with an anti-seismic structure (the main inner structure consisting of a wooden cage supported by stakes which in case of an earthquake would shake but not collapse) which is said to have been the first of its kind in the world and a true breakthrough in terms of engineering. Today this neighborhood is

a real shopping center where you can find almost everything. The main street, **Rua Augusta**, connecting Rossio Square to the Tagus Rives, is pedestrianized and has many terraces with cafés and restaurants.

In the heart of Lisbon, Rossio Square is lined with cafes (Nicola with its beautiful facade, Suiça with a beautiful terrace, and **Ginjinha**, for its cherry liquor) and shops, and is dominated by the facade of the D.Maria II National Theater, built around 1840 and whose facade has a pediment surmounted by the statue of Gil Vicente, the father of the Portuguese theater. In the center of the square a column bears the statue of King Peter IV. In the street on the right (having the National Theater on your back) you will find the **Santa Justa** elevator, built in 1902, by an engineer influenced by Eiffel. From the upper platform we have a beautiful view of this part of the city.

Next to Rossio, with beautiful views to the hill and the castle you'll find Figueira Square. On the left is dominated by the equestrian statue of King João I. Around the square are many shops and cafes, such as the Confeitaria Nacional, which supplied the royal palace.

From Rossio you can go down to **Comércio Square** (suggestion: walk down the Rua Augusta to get there), which is open to the river. This square (also known as Terreiro do Paço) is dominated by the equestrian statue of King José I and the Baroque Triumph Arch at the end of Rua Augusta. Around the square there are "pombalino" style buildings where some of the ministries used to be located. On the right you will find the Lisbon Welcome Center: tourist office, shops, bar, restaurant.

This square overlooks the Tagus, or rather the estuary known as "Mar da Palha". Nearby is the ferry pier that crosses the river, and right in front of the equestrian statue, by the river, you'll find two columns. This is called the **Cais das Colunas** (Columns Quay) and it was once the main entrance of the city to the boats that crossed the Atlantic.

From Comércio Square you can take Rua da Prata, the street on the top right corner if you're at the Cais das Colunas, and then take the third street (Rua da Conceição) where the tram lines are and that goes up to **São Jorge Castle**.

Lisbon - Old Town - Sé and Castle neighborhoods

Going up to the São Jorge Castle, you will first pass the **Madalena church** with its manueline facade, and then the 18th century church of Saint Anthony.

St. Anthony's Church was built in the place of another church on the foundations of the house where the saint was born in 1189. St. Anthony was born in Lisbon and died in Padua in Italy. June 13, St. Anthony's Day, is Lisbon's holiday, and St. Anthony's Night is without a doubt the most celebrated night. The old neighborhoods, such as the Alfama district are even livelier in this period and smell of grilled sardines is found everywhere.

Opposite the back of St. Anthony's Church is the **Cathedral** (also known as Sé in Portuguese), a fortress church Portugal was still in fight with the Moors when it was built and because of this some buildings were built in a fashion that could serve the purposes of battling if needed - which was built in the 12th century, where there was a mosque before. It has undergone several restorations but still looks like a fortress. Inside, the central nave is covered with a semicircular arch and there is also a triforium. On the left, a Gothic chapel with a Baroque nativity scene.

The choir rebuilt in the 18th century is baroque, but the ambulatory behind is Gothic. Very close to the chapel/ambulatory on the right hand side notice two stained glasses depicting Lisbon's two Patron Saints: St. Anthony and St. Vincent. In one of the chapels there are two very interesting Gothic tombs and in another there is a Romanesque gate. The cloister is of Gothic style and in the excavation gardens have uncovered Phoenician and Roman remains. One can still visit the chapter house and the treasure of the cathedral.

After the visit of the cathedral you can go up the street, always following the tram lines towards the Castle. On the left are the ruins of the **Lisbon Roman Theater** and the respective museum which you can visit if you are interested in ancient civilizations.

Arriving at the **viewpoint of Santa Luzia**, the view of the river and the district of Alfama is beautiful. At the viewpoint notice the panels of tiles depicting the conquest of the Castle of Lisbon from the Moors and a view of the Terreiro do Paço (today the Comércio Square) before the earthquake in 1755. In the viewpoint is the church of Santa Luzia, and behind it you'll find the **Cerca Moura** (Old wall) and the **Portas do Sol** viewpoint.

You can get to the Alfama quarter by descending the Portas do Sol staircase along the old wall (cerca moura), but you might want to go to the Castle first. Still, go down the first few steps of this staircase and immediately on the left you'll find a

small open tunnel with very interesting paintings in cartoon style depicting scenes of the History of Lisbon in chronologic order which deserve a visit.

Between the Santa Luzia Viewpoint and Portas do Sol a street leads to the Castle. Located on the hill, Lisbon's Castle was first built by the Visigoths, rebuilt by the Arabs and conquered in 1147 by King Afonso Henriques I. The Arab Palace was the royal residence until the 16th century. You can walk on the walkway and in the garden. Several places offer beautiful views over the city.

Lisbon - Old Town - São Vicente and Graça neighborhoods

After visiting the castle, go back to Portas do Sol and enjoy the very nice view of the roofs of Alfama and the river. Opposite is the **Monastery of S. Vicente**, (patron saint of Lisbon), built between 1582 and 1627 by royal order on the site of another 12th century monastery. The church has a barrel vault ceiling in marble, and the altar is of Baroque style. The cloister is worth visiting because of the 18th century tiles (azulejos) that cover the walls and evoke the fables of La Fontaine. In the old refectory we find the Pantheon of the Bragança dynasty: it belonged formerly to D. João IV, its founder, and to Manuel II, the last Portuguese king, who died in England in 1932.

From this same point, you can also admire the dome of the church of Santa Engrácia. Its construction started in the 17th century but it was only completed during the 20th century. It is of baroque style, with an interior very richly decorated with marbles. Inside is the National Pantheon, inaugurated in 1966. There are cenotaphs in memory of Camões, Henry the Navigator, Pedro Álvares Cabral, Albuquerque, Álvares Pereira, presidents of the Portuguese Republic, and the tomb of Amália Rodrigues the greatest Fado singer of all time.

If you choose to walk to the Monastery of S.Vicente and/or church of Santa Engrácia check if you're on a Tuesday or Saturday, because if you are between these two monuments, you'll find Lisbon's most popular and busy flea market, the **Feira da Ladra**.

Starting from this point upwards you'll now be at the neighborhood of Graça and if you're not very tired you can climb the street in front of Monastery of S.Vicente façade and reach the Graça square and viewpoint where you'll have an amazing bird's eye view over the city.

Returning through this same street and going in a straight line you'll enter the neighborhood of Alfama (which you can also access by going back to Portas do sol and descending the staircase).

Lisbon - Old Town - Alfama quarter

Alfama is the oldest district of Lisbon.

It is a labyrinth of tortuous streets, some of which end in dead ends or stairs, with small squares. Alfama was a noble district during the Moorish period (its name is of Moorish origin), then a district of sailors and fishermen, and finally a popular district as it still is today.

After the earthquake of 1755 a lot of remains from the Roman, Visigoth, and Arabic periods were found.

Lately, major works have been performed and urban rehabilitation has begun to give better living conditions to people in the old neighborhoods of the city, including Alfama. Tourism has discovered Alfama only recently.

In Alfama you can visit the "**Casa do Fado and da Guitarra Portuguesa**" museum installed in a former water pumping station. There you will learn a little history of this traditional Portuguese music that originated in Lisbon. Alfama is arguably the heart of the Fado music in Lisbon and you can find many "Casas de Fado", typical restaurants where you eat and listen to Fado.

Not far from here, towards Comércio is the **Casa dos Bicos**, a 16th century house whose facade is covered with "diamond spikes", which is now a museum/foundation dedicated to the Portuguese Nobel awarded writer José Saramago. Very close to the Casa dos Bicos lies the church of **Conceição Velha** with its very intricate manueline portal.

A little further east, opposite the Santa Apolónia train station, the **Military Museum** offers a collection of weapons, instruments, paintings, flags, uniforms and many other objects.

Lisbon - Old Town - Bairro Alto neighborhood

You can then cross the **Comércio Square**, maybe passing by the **Town Hall** to arrive at Cais do Sodré where there is the train station of the Cascais line. It is on this line that there is the "**Mercado da Ribeira**", building that serves both as a market a craft center and a very sought after food court. The neighborhood behind, which goes up hill is called **Bairro Alto**. It is an old quarter with bars, cafes, restaurants, antique shops, bookstores, art workshops and some "Casas de Fado", typical restaurants to go and listen to Fado. A walk through its streets either during the day or in the evening for lunch or dinner is a good suggestion. Amongst the most interesting monuments here one can find the **São Roque** church. Built at the end of the 16th century, it has a Mannerist style facade but the interior is sumptuous thanks to gilded carvings, marble and paintings. Inside it you can find the **São João Baptista** chapel, that was built with components/parts that came from Italy of noble materials such as lapis lazuli, Carrara marble, ivory, alabaster and an altar in amethyst, gold and silver. Next to this church is the **Arte Sacra Museum of São Roque**. There you can find paintings, the treasure of the chapel of São João Baptista and also vestments.

A little further up you will find the **viewpoint of São Pedro de Alcântara** from where you have an incredible view. Near the viewpoint there's a funicular to descend to the Restauradores Square.

Again further up, at the very top of Bairro Alto, lies the **Príncipe Real Square** which has become a commercial district with a lot of fancy shops, restaurants and bars.

Lisbon - Old Town - Chiado neighborhood

From São Roque church going down taking the left side you'll find the **Carmo Square** where the 25th of April of 1974 peaceful revolution - that overthrew the dictatorship Portugal had been living under for over 40 years - took place. There you'll also find the church/**convent of Carmo** built at the end of the 14th century by order of D.Nuno Álvares Pereira and destroyed by the earthquake of 1755.

Archeologists and historians chose never to restore it and today it's a museum of archeology. Behind it you'll find the top level of the Santa Justa elevator.

The streets that go down to the lower part of the city are mostly commercial: bookstores (Bertrand was considered the oldest bookstore in the world), cafes, restaurants, historical shops. You're in **Chiado** probably one of the best districts to walk and shop in Lisbon. In Chiado there is one of the most important museums in Lisbon, the **Museum do Chiado**, housed in a former monastery and completely

restored in 1994 by the French architect Jean-Michel Wilmotte. In this museum we find mainly paintings and sculptures by Portuguese artists from the 1850s to the 1950s.

The district of Chiado is also home to many theaters, like Trindade, São Luís and São Carlos.

Lisbon - Old Town - The 28 Tram

The tram line known today as "["28" or "28E"](#)" was inaugurated in 1914, and originally transported its passengers from Praça de Camões to Estrela having suffered different changes in its route throughout the years. Yellow trams have long been a symbol of Lisbon, and this particular one, because it wanders through the streets of the old town, it's clearly the most emblematic one.

Basic Information

Frequency: Tram 28/28E route runs between Campo de Ourique and Prazeres - Martim Moniz (at certain times, only between Campo de Ourique and Graça) approximately every 15 minutes.

Tickets: A normal ticket for Carris trams costs € 3 - it can be bought on board. If you want to get on and off the tram several times, it is better to buy a ticket for the day. The 28E line allows you to visit various emblematic places of Lisbon: the Graça View Point, the National Pantheon (Panteão Nacional), the church and the monastery of St. Vincent (Igreja e Mosteiro of São Vicente de Fora), the Ladra flea market (Feira da Ladra, held every Tuesday and Saturday in Campo das Cebolas), the St. Jorge Castle (Castelo São Jorge) the Santa Luzia viewpoint, the Cathedral (Sé Catedral de Lisboa), the Comércio Square (Praça do Comércio), the café "A Brasileira", the Chiado Museum, the Santa Catarina Viewpoint, the garden and the Basilica of Estrela, and many others ...

Tourism Offices

Foz Palace, Restauradores Square
Rua do Arsenal 21 (City Hall Square)

Where to Eat

Organi Chiado (VEGAN/VEGETARIAN), Address: Calçada Nova de São Francisco 2
Kong (VEGAN/VEGETARIAN), Address: Rua do Crucifixo 30

The Food Temple (VEGAN/VEGETARIAN), Address: Beco do Jasmim 18
Time Out Mercado da Ribeira (Cais do Sodré area), Address: Av. 24 de Julho 49
Sinal Vermelho Restaurant (Bairro Alto area), Address: Rua das Gáveas, 89
Bota Alta Restaurant (Bairro Alto area), Address: Rua da Atalaia, 122
Dote Cervejaria (Av. Liberdade area), Address: Rua Barata Salgueiro, 37 A
OUTRO Restaurant (Av. Liberdade area), Address: Rua Rodrigues Sampaio, 94

Bars

Pavilhão Chinês, Address: Rua Dom Pedro V 89, 1250-093 Lisboa
Gin Lovers Bar & Restaurant, Address: Praça do Príncipe Real 26, 1250-184 Lisboa
Entretanto Rooftop Bar @ Hotel Chiado, Address: Rua Nova do Almada 114, 1100- 184 Lisboa
Rooftop Bar - Hotel Mundial, Address: Hotel Mundial, Praça Martim Moniz 2, 1100- 341 Lisboa

Lisbon - Belém

The Belém area is famous for the monuments from the Portuguese Discoveries Period and for other monuments build to celebrate this very period, but there are more places of interest. Some of the highlights include :

Mosteiro Dos Jerónimos (Jerónimos Monastery). Monastery commissioned by King Manuel I for Hieronymite monks, it is located in front of the harbor from where the caravels left to discover the new world. The construction began in 1502 on the site of a church ordered by Henry the Navigator, after the return of Vasco da Gama's Indies, and its construction lasted more than 50 years. Several artists left their mark on this building considered a masterpiece of Manueline architecture (Portuguese late Gothic architecture originated during the reign of King Manuel I, thus the name Manueline, strongly influenced by the discoveries showing sailing elements such as ropes, celestial spheres representing the globe, the Christ/Templars cross and creatures from the recently discovered lands).

The side portal is very decorated, and so is the cloister, the highlight of this monument and considered one of the most beautiful in the world with its two floors and rich decoration. The church is impressive because of its magnificent vault which resisted the earthquake of 1755 and which is supported by very elegant pillars. In the already classical period (18th century) choir, lies the King Manuel Royal Pantheon and a silver tabernacle and paintings. In the arms of the transept are also other tombs, all in marble and supported by Indian elephants. Under the rosette of the "coro alto", at the entrance of the church are the tombs of two of the

most relevant Portuguese personalities: the sailor and discoverer Vasco da Gama and the poet Luis de Camões.

Torre de Belém (Belém Tower). Built between 1515 and 1521 in the middle of the river mostly to watch over but also to defend its mouth. It was also used as a prison and in a later stage of Portuguese history was part of a set of fortresses built between Lisbon and Cascais to protect the entrance of the city. Today it is almost dry because of the tides and work of the port of Lisbon. It was built by a specialist in military construction and is a very good example of the Manueline style. It's the symbol of Lisbon.

Padrão dos Descobrimentos (Discoveries Monument). 52m high, this monument was built in 1960 on the occasion of the 500th anniversary of the death of Henry the Navigator. It has the shape of a ship which are represented all those who played an important role in the Portuguese Discoveries. The main frontal statue represents Henry the Navigator, considered the father of Portuguese Discoveries. An elevator makes it possible to reach the top, from where one has a beautiful sight over the Place of the Empire, the Tagus River, and the Jerónimos Monastery.

The Wind Rose. At the foot of the Padrão dos Descobrimentos (Monument to the Discoveries) is a giant marble wind rose embedded in the pavement. A map of the world at the center of the wind rose charts the Portuguese explorations. The map shows the most important dates in the history of the discoveries and ships mark the locations where Portuguese explorers first set foot on land. It is best seen from the top of the Padrão dos Descobrimentos.

Museu Nacional dos Coches (Horse draw carriages museum). This museum was inaugurated in 1905 by the last Queen of Portugal, Amelie of Orleans. Its collection includes a large number of cars (coaches, carts, carriages), from the late 16th to the first quarter of the 19th century. This collection is considered the most important in Europe, by the quality of certain cars as well as by their excellent state of conservation. Some are really sumptuous. Very recently the collection was transferred to a brand new building.

Museu da Marinha (Navy Museum). The collection of this museum is abundant and tells the maritime history of Portugal. There are models of boats from different periods and regions of Portugal as well as the Santa Cruz seaplane with which

Gago Coutinho and Sacadura Cabral made the first crossing of the South Atlantic in 1922. Next to it is the Gulbenkian Planetarium, a shop, and a café.

Museu Nacional de Arqueologia (National Archeology Museum). It is housed in a wing of Jerónimos Monastery and exhibits several objects that tell the history of Portuguese territory from its origins to the end of Roman times. There are weapons, jewels, and pottery, amongst other elements.

Centro Cultural de Belém (Belém Cultural Center) . This building was inaugurated in 1992, and today it has a fundamental role in the cultural life of Lisbon. Lying close to the Jerónimos Monastery it's the largest cultural complex of Portugal, it includes an auditorium for shows (dance, concerts, theater, opera.) a permanent exhibition and bar, a restaurant, and shops.

Fábrica dos Pastéis de Belém. Although it's not exactly a monument, the Fábrica dos Pastéis pastry shop in Belém is definitely a major attraction in the area and in Lisbon. The pastry is renowned since 1837 for its specialty "**Pastéis de Belém**", a kind of custard tart in a puff pastry that can be sprinkled with cinnamon. The story says that this recipe was invented by the monks of the monastery and is very well-kept. The pastéis are delicious, and you can enjoy them with a good coffee in this establishment all decorated with tiles (azulejos).

Where to Eat

Enoteca de Belém (Belém area), Address : Travessa Marta Pinto 10

O Pedrouços Restaurant (Belém area), Address : Doca de Belém

Fábrica dos Pastéis de Belém (Belém area), Address : Rua de Belém 84-92 (for the Pastéis de Belém)

Sintra

Sintra has become a major tourist attraction, and many travelers make the day trip from Lisbon and other Coast resorts. Points of interest are the fabulous Pena Palace (19th), the Castelo dos Mouros (rebuilt in the 19th) with a breathtaking view of the Sintra-Cascais Natural Park, and the summer residence of the Portuguese kings, Palácio Nacional de Sintra (mostly in the 15th and 16th centuries) located in the town center. The Sintra Mountain, one of the largest parks in the Lisbon region (Serra de Sintra) also attracts a lot of visitors.

Sintra is located in a mountain of volcanic origin, surrounded by massive basalt,

granite and limestone. The vegetation is exuberant and its beauty has always inspired artists. The rocky peaks are often shrouded in mist while the sun is not far away. As a result, there is often a temperature difference between the North Slope and the South Slope. The mountain, and the entire area around, (23,275 ha) became in 1981, protected landscape area because of their unique characteristics.

Sintra was for centuries the favorite residence of kings and the resort of noble families who owned "quintas" (estates), beautiful properties, or even very elegant palaces. In the 19th century, the Romantics elected the place "romantic town", having become a source of meditation and inspiration for a large number of Portuguese and foreign artists, such as the English Lord Byron, William Beckford and Southey.

Unesco has declared Sintra and its surroundings World Heritage in 1995. People say that the magic of Sintra and the mystery surrounding the mountain are striking but too difficult to express. Sintra is a beautiful picturesque town, with delicious little "nooks", antique shops, typical shops, restaurants, cafes ...

Palácio Nacional de Sintra (Sintra's National Palace). It is the best preserved medieval royal palace in Portugal. Its origins date back, it is believed, to an Arab palace and its present appearance is mainly due to two phases of work.

The central body was built by King John I (at the beginning of the 15th century) and the rest of the building was built under the orders of King Manuel I who also enriched the interior (16th). In this palace one can find the largest collection in the world of Mudejar azulejos (Arabic influence tiles), magnificent painted ceilings and pieces of furniture. The outside is marked by the gminate ""manueline"" windows and by the two huge conical chimneys that dominate the palace, ex libris of the city.

The Sintra Palace is closely linked to several episodes in the history of Portugal and today it is often used for classical music concerts, official receptions and other events." **Palácio da Pena (Pena Palace).** Romantic (i.e. from the Romanticism cultural period of the 19th century) palace from the 1st half of the 19th century, perched at the top of the massif of Sintra (529 m), and built by Ferdinand II de Saxe - Cobourg and Gotha, on the ruins of a 16th century convent. Ferdinand II, husband of Queen Maria I, possessed a vast culture and a great artistic sensibility. He commissioned the construction of the palace to a Prussian engineer and a

Portuguese architect. Inside this monument the romantic atmosphere is very present and the view from the balconies of the palace is magnificent. At the foot of the palace lies the park of Pena, planted by order of the king and his second wife, the Countess of Edla. You will discover tree ferns, giant redwoods, camellias, fountains, the Countess's cottage and other curiosities.

Note: *This palace is without a doubt the most sought after monument in Sintra and it's often crowded. You should ask how long is the waiting line at the ticket booth and maybe consider visiting only the gardens and exterior (which includes a chapel on the back) and which is already a very interesting visit. Alternatively buy the tickets online (scheduled entrance) in advance at <https://bilheteira.parquesdesintra.pt/evento/parque-e-palacio-nacional-da-pena/263/en>. You should be aware that between the gate of the park and the palace's entrance there's a at least a 20 minutes walk (alternatively you can get a shuttle for which you need to buy the tickets onsite).*

Castelo dos Mouros (Moorish Castle). Located on the road that leads to Pena Palace it was built on the site of the ancient Arab fortress conquered by the 1st king of Portugal Afonso Henriques after the conquest of Lisbon in 1147. The walls were restored, and you can walk on the walkway to enjoy the beautiful panoramic views. The Castle is part of the Cultural Landscape of Sintra.

Quinta da Regaleira (Regaleira Estate). Located 5 minutes from the town center, this Quinta (estate) was built at the beginning of the 20th century by António Augusto Carvalho Monteiro, who had gathered a fortune in Brazil and who chose an Italian architect-scenographer - Manini - to achieve the realization of his dream. The property is dominated by the intricate Palace but maybe more impressive are the gardens with caves, statues, a labyrinth, wells, lakes, towers ... as if the whole area was an opera set. The style is a mixture of Neo-Gothic, Neo-Manueline and Renaissance. Symbolism, mythology, mysticism are present everywhere.

After the Pena Palace this is by many considered to be the most interesting Palace and Garden in Sintra." **Palácio de Seteais (Seteais Palace).** 200 meters further up from Regaleira, on the right hand side you will find the palace-hotel of Seteais. It was built by the Dutch consul Daniel Gildmeester during the last quarter of the 18th century. The arch between the two wings dates from the 19th century, and was built by the 2nd owner during the expansion of the building. It has now become a 5-star hotel (but you can visit many parts of it), and in summer it serves as the

venue for the Sintra Music and Dance Festival.

Palacio de Monserrate (Monserrate Palace). It is located after the Seteais Palace, on the same road, about 4 km from the city center (not having a car you need to get on one of the Scotturb buses to get there). Dated from the 1850's Monserrate was owned by an Englishman Francis Cook, who used the services of an English architect also for the construction of a romantic palace. He planted an exotic park around with plants from all over the world becoming an authentic botanical garden.